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UNITED STATES DISTRICT COURT
WESTERN DISTRICT OF WASHINGTON

JFXD TRX ACQ LLC, dba TRX, a Florida
Limited Liability Company,

Plaintiff,

v.

EAST RIVER JW INC.,

Defendant.

Case No.:

**COMPLAINT FOR TRADEMARK,
TRADE DRESS & PATENT
INFRINGEMENT**

JURY TRIAL DEMANDED

Plaintiff, JFXD TRX ACQ LLC, (“TRX” or “Plaintiff”), by its attorneys, Lane Powell
LLP, and in support of its Complaint against EAST RIVER JW, Inc., (“East River” or
“Defendant”), alleges as follows:

I. NATURE OF THE ACTION

1. TRX brings this action against East River regarding the making, using, selling,
and/or importation of products that infringe TRX’s intellectual property rights and other practices
by East River that amount to unfair competition.

2. One or more products offered for sale by East River infringes multiple patents
owned by TRX. One such product is labelled as “Resistance Trainer Exercise Strap” available

1 for sale on Amazon.com at the url: https://www.amazon.com/Resistance-Exercise-Training-Carrying-Bodyweight/dp/B0CQW53M4Z/?_encoding=UTF8&pd_rd_w=gbYLK&content-id=amzn1.sym.d0ebfbb2-6761-494f-8e2f-95743b37c35c%3Aamzn1.symc.50e00d6c-ec8b-42ef-bb15-298531ab4497&pf_rd_p=d0ebfbb2-6761-494f-8e2f-95743b37c35c&pf_rd_r=B80JNKXD0F55X9XQ6WT9&pd_rd_wg=9IiwO&pd_rd_r=d45cb3d4-a83f-4966-b2b0-6b1e79ff234e&ref_=pd_gw_ci_mcx_mr_hp_atf_m&th=1 (the “Accused Product”). A copy of the webpage appearing at this url is attached as Exhibit A.

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8 3. The Accused Product is given, as every product on Amazon® a “ASIN” number
9 of B0CQW53M4Z and is listed as first available since December 24, 2023.

10 4. The Accused Product infringes at least one claim of multiple patents owned by
11 TRX including U.S. Pat. No. D831,764, and U.S. Pat. No. 7,762,932 (the “Asserted Patents”).

12 5. The Accused Product infringes at least U.S. Trademark No. 4,741,049, for a
13 yellow-colored strap of V shape above the handle of a strap-based trainer.

14 6. The Accused Product infringes the famous and distinctive trade dress of Plaintiff
15 as to strap-based trainer, at least the alternating yellow and black colors, the use of rounded
16 handles, foot pedals attached at the handle level, two extenders and a flat-base carabineer.

17 7. TRX seeks to enjoin East River from infringing, and continuing to infringe on,
18 TRX’s patents, trademark, trade dress and/or competing unfairly with TRX in violation of federal
19 and state law, by importing, advertising, promoting, marketing, offering for sale and selling the
20 Accused Product as well as other actions of Defendant.

21 8. TRX also seeks the award of its damages, attorneys’ fees, costs and other relief,
22 and an accounting and disgorgement of East River’s profits.

23 **II. THE PARTIES**

24 9. Plaintiff, JFXD TRX ACQ LLC, is a Florida Limited Liability Company having
25 its principal place of business at 501 Palm Trail, Delray Beach, Florida 33483 and doing business
26 as TRX. TRX sells its products in the United States and around the world including on the website

1 Amazon.com® located in this State.

2 10. Upon information and belief, EAST RIVER is a Chinese entity having given
3 Amazon.com® a fraudulent address as 2028 bar ridge pkwy, Brooklyn, NY 11204, U.S. Upon
4 information and belief, bar ridge parkway is not a valid address and 2028 Bay Ridge Pkwy,
5 Brooklyn, NY 11204 is a small rental 2 bd apartment once listed and removed in 2020 for
6 \$1,750/month.

7 **III. JURISDICTION AND VENUE**

8 11. This Court has jurisdiction over the subject matter pursuant to 28 U.S.C. §§ 1331
9 and 1338 because one or more counts arise under the laws of the United States and more
10 particularly 15 U.S.C. §§ 1114 and 1125 (The Lanham Act -- Registered (§ 1114) and unregistered
11 (§ 1125)), 35 U.S.C. § 271 (The Patent Act). This Court has supplemental jurisdiction over the
12 State Law claims pursuant to 28 U.S.C. § 1367.

13 12. Upon information and belief, East River sells the Accused Product in this judicial
14 district and others via at least Amazon.com in the United States. (See Exhibit A). Upon
15 information and belief, East River has entered into contracts with customers, including
16 Amazon.com, in this judicial district and consented to jurisdiction in this judicial district. Upon
17 information and belief, East River has sold and advertise the Accused Product in this judicial
18 district.

19 13. Upon information and belief, East River also, via online channels, sells or offers
20 to sell the Accused Product in all of the United States and to other jurisdictions around the world
21 and the same product is sold under a slew of similar ASINS on Amazon.com, for example
22 B0C8JQ4QPX, B0CMXSK2V9, B0CLRT8Q81, B0CH3B2NXX, B0CPRZZ64, B0BZY6HK7Y.
23 (See Exhibit B). Upon information and belief, East River is engaged in a multi-listing fraudulent
24 effort to conceal and hide its identity and list the Accused Product under multiple listings to avoid
25 takedown. In addition, over the past years, upon information and belief, hundreds of instances of
26 such products were taken down and returned under these variations.

1 14. Venue is proper in this judicial district under at least 28 U.S.C. § 1391(c)(3).

2 **IV. FACTUAL ALLEGATIONS**

3 15. TRX sells products and services directly to consumers and through distributors.
4 One such product that is widely known and/or famous TRX® Home2 System, a new version of
5 the TRX® Home System. This product can be found at TRX's website www.trxtraining.com. An
6 image of the product is shown below.



18 16. As can be shown on the illustration above, the product is made of straps, handles,
19 a metal carabineer and where the V shape portion above the handle is yellow and the rest is black
20 (with yellow highlights).

21 17. TRX products implement weight-based exercise and are widely used in the United
22 States and across the world under TRX's various brands and trademarks such as TRX®. TRX is
23 the market leader and the only strap-based legal entity offering a warranty, testing, quality control,
24 replacement programs, training of coaches, certification to name a few. This product was the first
25 to be FDA® Registered as it has served for decades as a tool for rehabilitation, therapy, and weight
26 control.

1 18. Since 2003, TRX began to brand itself using two distinctive colors, a bright
2 yellow and black. TRX's website, the marketing campaigns, branding, all focus and feature this
3 famous and distinctive trade dress with a clear secondary meaning in the marketplace in the United
4 States and around the world.

5 19. A month ago, the Guinness Book of World Records® awarded a largest class
6 using these products in Athens, Greece to TRX. In the below picture from the event, the distinctive
7 yellow and black colors of the product create a unique atmosphere distinctive to TRX.



18
19 20. On May 19, 2015, almost a decade ago, TRX® was granted U.S. Trademark
20 Registration No. 4,741,049 for manually-operated exercise equipment in Class 28 for the color
21 yellow as applied to the strap between the handle and a fixed midpoint. (See Certificate of
22 Registration at Exhibit C) (“The Color Yellow” or “the ‘049 Trademark”). The mark is reproduced
23 below:



1 21. In addition to ownership of this trademark, TRX claims and owns a trade dress,
2 the look and feel of these straps that incorporates the yellow trademark above in connection with
3 black overall colors as shown in the image above. The TRX trade dress is famous in the United
4 States, has been openly and continuously used at least since 2015, and is distinctive in the field of
5 fitness.

6 22. In addition to this trademark and this trade dress, on October 23, 2018, the USPTO
7 issued U.S. Design Pat. No. D831,764 (the “’764 Design Patent”), entitled FLEXIBLE STRAP
8 WITH A DUAL STITCH PATTERN. TRX is the sole owner of all rights, title and interest in the
9 ’764 Patent. A copy of the ’764 Patent is attached as Exhibit D. Under design law, numerous types
10 of stitching can be used on strap-based devices, the most common being a square with an X inside
11 the square. TRX® has protected its distinctive and novel two-stitch design, in a highlight on a
12 strap. The design owned is not three, four or one larger stitch but two.

13 23. In addition to this trademark, the trade dress, the ’764 Design Patent, on July 27,
14 2010, the USPTO issued U.S. Utility Pat. No. 7,762,932 (the “’932 Patent”), entitled INELASTIC
15 EXERCISE DEVICE HAVING A LIMITED RANGE. TRX is the sole owner of all rights, title
16 and interest in the ’932 Patent. A copy of the ’932 Patent is attached as Exhibit E. This invention
17 centers around a limiter of movement of the main strap and the anchor.

18 24. TRX and the previous owners of the relevant intellectual property have spent
19 substantial resources to stop continual and on-going infringement by copy-cats, counterfeiters,
20 and infringers that seek to profit from TRX’s substantial goodwill and status in the marketplace
21 to the detriment of TRX. East River is an infringer that, despite having been notified of its
22 unauthorized by chronic and repetitive infringing activity, continues to prey off the goodwill TRX
23 has generated in the marketplace.

24 25. On information and belief, East River is a chronic and continued repetitive
25 infringer on Amazon.com and other online platforms and continues to sell a product shown at
26 Exhibit A, which incorporates the yellow trademark, the TRX trade dress, the ’764 Design Patent,

1 and the '932 Patented feature.

2 26. TRX became aware that East River was selling the Accused Product and other
3 products that infringe one or more of TRX's patents, the TRX trademark, and the TRX trade dress.

4 27. East River as a repetitive and chronic infringer, continues to sell the Accused
5 Product despite receiving actual notice of TRX's patents and the infringement arising from East
6 River's sales of the Accused Product.

7 28. The Accused Product and other products of East River are directly competing with
8 TRX's products.

9 29. TRX marks its products directly and/or virtually to provide notice to the public of
10 its patents, including notice of the Asserted Patents.

11 30. TRX has not authorized the activity of East River and/or licensed the Asserted
12 Patents to East River.

13 **COUNT I**

14 **(Trademark Infringement - 15 U.S.C. § 1114(1))**

15 31. Plaintiff restates and incorporates by reference the allegations asserted in each of
16 the preceding paragraphs as though fully set forth herein.

17 32. Plaintiff has continuously used "The Color Yellow" in interstate commerce since
18 its date of first use in association with multiple goods including strap-based exercise devices.
19 Plaintiff has developed significant product recognition throughout the United States, in the
20 consuming public and in the industry, with respect to such mark in association with this good,
21 for example in association with the TRX® HOME2 SYSTEM.

22 33. Defendant's use of The Color Yellow on a directly competitive substitute product
23 both for identical-type products and services, which directly compete with each other, and are
24 sold through the same or directly competing channels of trade to the same class of consumers.
25 The Accused Product shown at Exhibit A incorporates The Color Yellow in full.

26 34. Defendant's wrongful actions are likely to cause and, if not enjoined, will cause,

1 deception, confusion in the marketplace, miss-association and irreparable harm to Plaintiff and
2 Plaintiff's goodwill and exclusive trademark ownership rights, for which Plaintiff has no
3 adequate remedy at law.

4 35. The choice of using Plaintiff's mark in its own proprietary website is evidence the
5 Defendant's actions are deliberate, willful and in complete disregard for Plaintiff's rights, of
6 which Defendant most likely has actual and constructive knowledge as the overwhelming market
7 leader.

8 36. Upon information and belief, such acts of Defendant are willful and render
9 Defendant liable with respect to all remedies provided in 15 U.S.C. §§ 1116, 1117, and 1118,
10 including injunctive relief, damages, profits, destruction of infringing articles, attorneys' fees and
11 costs.

12 37. Goods of Defendant bearing The Color Yellow, a distinctive, famous and
13 recognizable famous mark must be enjoined, destroyed and any third party acting in the stream
14 of commerce therewith must also be enjoined.

15 **COUNT II**

16 **(Trade Dress Infringement - 15 U.S.C. § 1125)**

17 38. Plaintiff restates and incorporates by reference the allegations asserted in each of
18 the preceding paragraphs as though fully set forth herein.

19 39. Plaintiff owns a distinctive, famous trade dress with secondary meaning as the
20 pair of yellow and black colors on a strap-based exercise trainer. The trade dress has been used
21 continuously in interstate commerce since its date of first use in association with multiple goods
22 including strap-based exercise devices. The trade dress has been used for at least 10+ years and
23 has acquired significant market recognition in association with TRX the leader in the market.
24 Plaintiff has developed significant product recognition throughout the United States, in the
25 consuming public and in the industry, with respect to such mark in association with this good,
26 for example in association with the TRX® HOME2 SYSTEM which incorporates the famous

1 and distinctive trade dress.

2 40. Defendant's use of the trade dress as shown at Exhibit A on the Accused Product
3 on a directly competitive substitute product both for identical-type products and services, which
4 directly compete with each other, and are sold through the same or directly competing channels
5 of trade to the same class of consumers. The Accused Product shown at Exhibit A incorporates
6 the TRX famous and distinctive trade dress in full.

7 41. Defendant's wrongful actions are likely to cause and, if not enjoined, will cause,
8 deception, confusion in the marketplace, miss-association and irreparable harm to Plaintiff and
9 Plaintiff's goodwill and exclusive trade dress ownership rights, for which Plaintiff has no
10 adequate remedy at law.

11 42. The choice of using Plaintiff's mark in its own proprietary website is evidence the
12 Defendant's actions are deliberate, willful and in complete disregard for Plaintiff's rights, of
13 which Defendant most likely has actual and constructive knowledge as the overwhelming market
14 leader.

15 43. Upon information and belief, such acts of Defendant are willful and render
16 Defendant liable with respect to all remedies provided by the Lanham Act, including injunctive
17 relief, damages, profits, destruction of infringing articles, attorneys' fees and costs.

18 44. Goods of Defendant bearing the TRX trade dress, a distinctive, famous and
19 recognizable famous trade dress must be enjoined, destroyed and any third party acting in the
20 stream of commerce therewith must also be enjoined.

21 **COUNT III**

22 **(Patent Infringement of the '764 Design Patent)**

23 45. Plaintiff restates and incorporates by reference the allegations asserted in each of
24 the preceding paragraphs as though fully set forth herein.

25 46. Exhibit F is a preliminary claim chart that demonstrates that the Accused Product
26 includes each and every element of at least one claim of the '764 Design Patent such that the

1 Accused Product directly infringes, and/or has induced others to infringe, and/or has committed
2 acts of contributory infringement of the claims of the '764 Design Patent in violation of 35 U.S.C.
3 § 271 et seq. Upon information and belief, East River has committed acts of infringement by
4 making, using, importing, selling, and/or offering to sell products within the United States, and/or
5 importing products into the United States, including but not limited to the Accused Product.

6 47. East River will continue to infringe the '764 Design Patent unless enjoined by this
7 Court. As a result of the infringing conduct of East River, TRX has suffered, and will continue to
8 suffer, irreparable harm for which there is no adequate remedy at law. Accordingly, TRX is
9 entitled to temporary, preliminary, and/or permanent injunctive relief against such infringement
10 pursuant to 35 U.S.C. § 283.

11 48. As a result of East River's infringement of the '764 Design Patent, TRX has been
12 damaged, and will be further damaged, and is entitled to be compensated for such damages
13 pursuant to 35 U.S.C. § 284 in an amount that presently cannot be ascertained but that will be
14 determined at trial.

15 49. Because East River knew of TRX as a market leader and because East River had
16 actual and/or constructive notice of TRX's patents, including the Accused Patents, East River
17 willfully infringed and continues to infringe the Asserted Patents. As a result, TRX is entitled to
18 trebling of damages pursuant to 35 U.S.C. § 284, and to the designation of this case as exceptional
19 pursuant to 35 U.S.C. § 285, whereby Plaintiff is entitled to an award of its attorneys' fees.

20 **COUNT IV**

21 **(Patent Infringement of the '932 Utility Patent)**

22 50. Plaintiff restates and incorporates by reference the allegations asserted in each of
23 the preceding paragraphs as though fully set forth herein.

24 51. Exhibit G is a preliminary claim chart that demonstrates that the Accused Product
25 includes each and every element of at least one claim of the '932 Utility Patent such that the
26 Accused Product directly infringes, and/or has induced others to infringe, and/or has committed

1 acts of contributory infringement of the claims of the '932 Utility Patent in violation of 35 U.S.C.
2 § 271 *et seq.* Upon information and belief, East River has committed acts of infringement by
3 making, using, importing, selling, and/or offering to sell products within the United States, and/or
4 importing products into the United States, including but not limited to the Accused Product.

5 52. East River will continue to infringe the '932 Utility Patent unless enjoined by this
6 Court. As a result of the infringing conduct of East River, TRX has suffered, and will continue to
7 suffer, irreparable harm for which there is no adequate remedy at law. Accordingly, TRX is
8 entitled to temporary, preliminary, and/or permanent injunctive relief against such infringement
9 pursuant to 35 U.S.C. § 283.

10 53. As a result of East River's infringement of the '932 Utility Patent, TRX has been
11 damaged, and will be further damaged, and is entitled to be compensated for such damages
12 pursuant to 35 U.S.C. § 284 in an amount that presently cannot be ascertained but that will be
13 determined at trial.

14 54. Because East River knew of TRX as a market leader and because East River had
15 actual and/or constructive notice of TRX's patents, including the Accused Patents, East River
16 willfully infringed and continues to infringe the Asserted Patents. As a result, TRX is entitled to
17 trebling of damages pursuant to 35 U.S.C. § 284, and to the designation of this case as exceptional
18 pursuant to 35 U.S.C. § 285, whereby Plaintiff is entitled to an award of its attorneys' fees.

19 **JURY DEMAND**

20 55. TRX hereby requests a trial by jury on all issues so triable.

21 **PRAYER FOR RELIEF**

22 WHEREFORE, TRX prays:

23 1. That East River and its agents be permanently enjoined from importing,
24 distributing, selling the Accused Products and other infringing products alone or in association
25 with other products;
26

1 2. That East River be required to pay to TRX such damages as TRX has sustained
2 in consequence of East River infringement of TRX patents, trademark and trade dress and said
3 unfair competition, and to account for all gains, profits and advantages derived by East River as
4 a result of their infringement and/or unfair competition.

5 3. That East River be required to pay all damages the Court deems proper within the
6 provisions of the patent and trademark statutes.

7 4. That East River's action be deemed willful and/or exceptional and East River be
8 required to pay to TRX the costs of this action and reasonable attorneys' fees.

9 5. Any such further relief as the Court deems appropriate and just.

10
11 DATED: April 30, 2024

LANE POWELL PC

12
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20 ***Attorneys for Plaintiff***
21 ***JFXD TRX ACQ LLC***

CERTIFICATE OF SERVICE

I hereby certify that on this 30th day of April, 2024, I electronically filed the foregoing COMPLAINT FOR TRADEMARK, TRADE DRESS AND PATENT INFRINGEMENT; DEMAND FOR JURY TRIAL with the Clerk of the Court using the CM/ECF system which will send notification of such filing to the following: n/a.

I also certify the document and a copy of the Notice of Electronic Filing was served via U.S. Postal Service on the following non-CM/ECF participants:

East River JW Inc.
2028 Bar Ridge Pkwy, Brooklyn, NY 11204

s/ Aleshia Cooke-West
Aleshia Cooke-West, Legal Assistant

EXHIBIT A

Sports & Outdoors > Exercise & Fitness > Strength Training Equipment > Resistance Bands

Sponsored



HIGH QUALITY EXERCISE EQUIPMENT



Soft Non-slip Rubber Handle Zinc Alloy Heavy Duty Carabiner



Double Braided Strap Strap Length Adjustable



Heavy-Duty Nylon Door Anchor

Roll over image to zoom in

Resistance Trainer Exercise Straps, Home Resistance Training Kit with Handles, Door Anchor and Carrying Bag for Home Gym, Bodyweight Resistance Workout Straps for Indoor & Outdoor

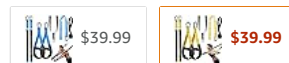
Brand: evimo 5.0 stars 3 ratings | Search this page 50+ bought in past month

\$39.99

FREE Returns

Get \$50 off instantly: Pay \$0.00 ~~\$39.99~~ upon approval for Amazon Visa. No annual fee.

Color: Yellow



Brand: evimo Color: Yellow Style: Modern

About this item

- Comprehensive Exercise Kit: Our premium bodyweight resistance training kit includes versatile components: 1 training strap, 2 extension straps, 2 exercise bands with handles, soft foot cradles, 1 door anchor, an Instruction guide, and a Drawstring Travel Bag.
- Full Body Strength Training: Suitable for all fitness levels, target arms, legs, chest, shoulders, abdomen, back, and buttocks. Achieve comprehensive results with over 1000 pounds of resistance,
- Ultra-Sturdy Construction: Built to last, our exercise straps are made of high-quality polyester fiber and heavy-duty nylon, telescopic straps offer up to 118 inches of exercise length. Memory sponge door anchor prevents deformation, and the non-slip TPR handles support up to 500 pounds after rigorous safety testing.

Add Prime to get Fast, FREE delivery

Delivery Pickup

\$39.99

FREE Returns

FREE delivery Thursday

Or fastest delivery Sunday. Order within 10 hrs 32 mins

Deliver to San Francisco 94109

In Stock

Buy 2 or more, save 3% Discount by Amazon

Quantity: 1

Add to Cart Buy Now

Ships from Amazon Sold by East River J Returns Eligible for Return, Refund or Replacement... Payment Secure transaction


Add a gift receipt for easy returns

Add to List

- **Easy Setup and Versatile Use:** Designed for simplicity, this all-in-one workout equipment is easy to set up. Use it indoors or outdoors with the included door anchor and adjustable extension strap. Compatible with horizontal bars, walls, doors, weight racks, and more, offering versatile exercise options, including aerial yoga training.
- **Dedicated Customer Service:** If you encounter any issues with the home resistance training kit, reach out through order information or email. We are committed to resolving your concerns promptly.

[Report an issue with this product or seller](#)

Similar item with fast delivery



Home Resistance Training Kit, Extension Strap Door Anchors, Powerlifting Strength Workout Straps Full Body Complete Home Gym Body Core Exercise
 ★★★★★ (10)
 \$49.99

Sponsored ⓘ



Sponsored ⓘ

Customers who bought this item also bought



KOMOHOM (3PCS) Wall Mount Workout Anchors, Resistance Band Wall Anchor, Space Sav...
 ★★★★★ 102
 \$17⁹⁹



Sponsored ⓘ
23Pcs Resistance Bands Set Workout Bands, 5 Stackable Exercise Bands with Handles, 5 Resist...
 ★★★★★ 7,660
 \$29⁹⁹



POWER GUIDANCE Wall and Ceiling Mount Bracket for Suspension Straps, Gymnastic Ring...
 ★★★★★ 670
 \$15⁹⁹




Yes4All Slam Balls, 10-40lb Medicine Ball Weight, Durable PVC Sand Filled Workout D...
 ★★★★★ 12,290
 \$20⁹⁹



TRX Training XMount, Training Mount Anchor Suspension-Trainer Straps, Mount Bracket...
 ★★★★★ 503
 \$39⁹⁵

4 stars and above


Sponsored ⓘ



TRX All-in-One
Suspension Training System: Weight Training, Cardio, Cross Training,...

★★★★★ 6,819


\$179.95 ✓prime



TRX Tactical Gym,
Tactical Suspension-Trainer Gym Kit, Fitness Training Designed fo...

★★★★★ 420


\$279.95 ✓prime



TRX PRO3 Suspension
Trainer System, Design & Durability for Cross-Training, Weight ...

★★★★★ 1,792


\$229.95 ✓prime



TRX Training TRX GO
Suspension-Trainer-System Bundle with Suspension-Trainer...

★★★★★ 1,208


\$189.95 ✓prime



Brebebe Multi-Point
Resistance Band Anchor for Home Gym - Portable Door...

★★★★★ 2,003


\$49.99 ✓prime



TRX Training Bandit Kit,
Home-Workout Resistance-Band Set with Strength-Training...

★★★★★ 110

\$49.95 ✓prime



Moulyan Bodyweight
Resistance Training Straps,Suspension Training straps...

★★★★★ 478

\$34.56 ✓prime

Product Description

Home Resistance Training Kit

This bodyweight resistance training kit includes 1 bodyweight resistance training strap, 2 extension straps , 2 exercise bands with handles and soft foot cradles, 1 door anchor, 1 Instruction guide and 1 Drawstring Travel Bag. Made with fourfold sewing for durability, it features comfortable grip-proof TPR handles that can withstand up to 600 pounds of bodyweight and over 1000 pounds of resistance.

Product information

Technical Details

Item Package Dimensions L x W x H	10.12 x 10.08 x 3.19 inches
Package Weight	1.49 Kilograms
Brand Name	evimo
Color	Yellow
Manufacturer	evimo
Style	Modern

Additional Information

ASIN	B0CQW53M4Z
Customer Reviews	5.0 ★★★★★ 3 ratings 5.0 out of 5 stars
Best Sellers Rank	#32,843 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #383 in Resistance Bands
Date First Available	December 24, 2023

Feedback

Would you like to [tell us about a lower price?](#)

Videos

Help others learn more about this product by uploading a video!


Upload your video


Important information

To report an issue with this product or seller, [click here](#).


Products related to this item

Sponsored







Suspension Trainer & Suspension Straps for Exercise - Adjustable Workout Straps for...
★★★★☆ 27
\$39.99 ✓prime




TRX All-in-One Suspension Training System: Weight Training, Cardio, Cross Training,...
★★★★☆ 6,819
\$179.95 ✓prime




ScandiTech Rraining Kit, Workout Straps for Home, Adjustable Resistance Trainer wit...
★★★★☆ 31
Amazon's Choice in Resistance Bands
\$39.99 ✓prime




Lifeline Jungle Gym XT Body Weight Suspension Trainer System - Patented Split Ancho...
★★★★☆ 1,199
\$81.20 ✓prime




Home Resistance Training Kit, Pink Resistance Trainer Exercise Straps with...
★★★★☆ 3
\$49.99 ✓prime
Save 20% with coupon



ADALT LION Bodyweight Resistance Training Straps, Complete Home Gym Fitness Trainer...
★★★★☆ 52
\$33.99 ✓prime



THYSOL® Resistance Trainer Pro Xtreme Straps Army | Sling Trainer Set with...
★★★★☆ 23
\$39.95 ✓prime



Brands in this category on Amazon

Sponsored







Looking for specific info?

Customer reviews

★★★★★ 5 out of 5

3 global ratings

5 star 100%

Reviews with images

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- 4 star 0%
- 3 star 0%
- 2 star 0%
- 1 star 0%

How customer reviews and ratings work



Top reviews

Top reviews from the United States



Wan

★★★★★ **Amazing product**

Reviewed in the United States on February 2, 2024

Color: Blue | **Verified Purchase**

Package came with everything I needed. It was perfect. Easy to use. Fun to use. Have had a similar product before, this is much better. Easy to install too. Very versatile

One person found this helpful

Helpful

Report



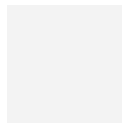
Jianbo Li

★★★★★ **Amazing training kit**

Reviewed in the United States on February 3, 2024

Color: Blue | **Verified Purchase**

Home Resistance Training Kit, Resistance Trainer Fitness Straps for Full-Body Workout, Bodyweight Resistance Bands with Handles, Door Anchor, Workout Guide for Home Gym

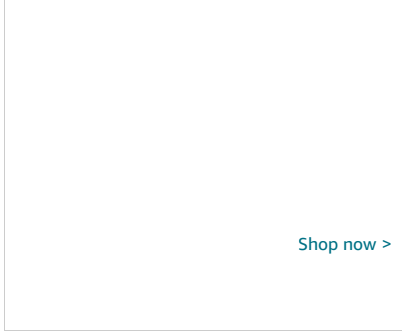


One person found this helpful

Helpful

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Sports & Outdoors

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Sponsored

Sports & Outdoors > Exercise & Fitness > Strength Training Equipment > Resistance Bands



Roll over image to zoom in

Home Resistance Training Kit, Resistance Trainer Exercise Straps with Handles, Door Anchor and Carrying Bag for Home Gym, Bodyweight Resistance Workout Straps for Full-Body Workout

Brand: Thcbme 4.6 stars 46 ratings | Search this page

Amazon's Choice in Resistance Bands by Thcbme

200+ bought in past month

\$69.99

Or \$12.92 /mo (6 mo). Select from 1 plan

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Get \$50 off instantly: Pay \$19.99 \$69.99 upon approval for Amazon Visa. No annual fee.

Available at a lower price from other sellers that may not offer free Prime shipping.

Brand	Thcbme
Material	Nylon
Color	Black, Yellow
Style	Pull Up

About this item

- [Premium Quality Exercise Equipment]: 1 bodyweight resistance training strap, 2 extension straps, 2 exercise bands with handles and soft foot cradles, 1 door anchor, 1 Instruction guide and 1 Drawstring Travel Bag. These Workout Straps are made with fourfold sewing designed to be durable with comfortable grip-proof TPR handles that can withstand up to 600 pounds of bodyweight and over 1000 pounds of resistance.
- [Full Body Strength Resistance Training] The strength resistance training fitness equipment is suitable for all levels to meet all fitness goals. You can work your arms, legs, chest, shoulders, abdomen, back and buttocks to achieve results. It can provide you with resistance training and full-body

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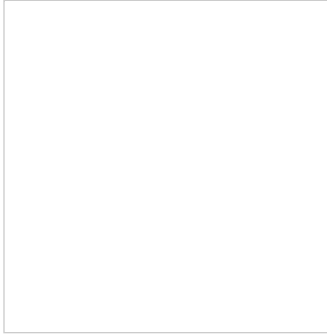
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strength exercise without the need for monthly gym fees or expensive equipment.

- [Ultra-sturdy And Durable Exercise Straps] The Resistance Training device is made of high-quality polyester fiber and heavy-duty nylon. The machine stitching is extremely precise and strong, sturdy. This door anchor is made of memory sponge, so there is no need to worry about its deformation. The non-slip handle is made of high-quality TPR. After safety testing, it can support up to 500 pounds.
- [Easy Set Up And Use] All-in-one workout equipment for home workouts with door anchor and adjustable resistance training extension strap, easy-to-adjust one buckle system is the perfect Portable Gym use in indoors and outdoors. You can use the bodyweight resistance trainer kit with horizontal bars, wall, doors, sturdy beams, weight racks, heavy bag mounts, railings, trees, fences or any sturdy and safe object for exercise, as well as aerial yoga training.
- [Brand Service] If any problems with the home resistance training kit, you can contact us through the order information or e-mail. We will solve your problem within 24 hours.

[Report an issue with this product or seller](#)



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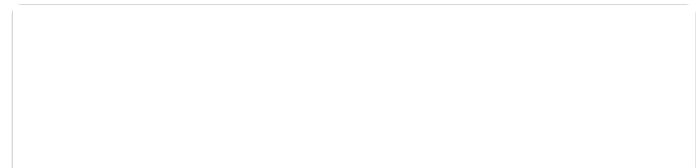


Resistance Bands, Exercise Bands with Handles, Fitness Bands, Workout Bands with Door Anchor and Ankle Straps, for Heavy Resistance Training, Physical Therapy, Shape Body, Yoga, Home Workout Set

★★★★☆ (8663)

\$23.97

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This item: Home Resistance Training Kit, Resistance Trainer Exercise Straps with Handles,...



QuickFit 2 Pack Suspension Workout Posters - Volume 1 & 2 - Laminated Exercise Charts - 18\"...



Faswin Wall Mount Bracket for Suspension Straps, Ceiling Anchor X Mount for Olympic Rings, Bo...

Total price: \$98.97

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\$14⁹⁹

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TRX Training TRX GO Suspension-Trainer-System Bundle with Suspension-Trainer...
★★★★☆ 1,208
\$189.95 ✓prime



Brebebe Multi-Point Resistance Band Anchor for Home Gym - Portable Door...
★★★★☆ 2,003
\$49.99 ✓prime



TRX GO Suspension Trainer System, Full-Body Workout for All Levels & Goals,...
★★★★☆ 10,656
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\$139.95 ✓prime



Moulyan Bodyweight Resistance Training Straps,Suspension Training straps...
★★★★☆ 478
\$34.56 ✓prime



Lifeline Jungle Gym XT Body Weight Suspension Trainer System – Patented Split Ancho...
★★★★☆ 1,199
Amazon's Choice in Resistance Bands
\$81.20 ✓prime

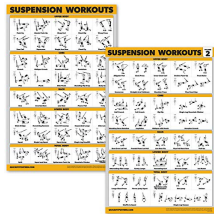


ADALT LION Bodyweight Resistance Training Straps, Complete Home Gym Fitness Trainer...
★★★★☆ 52
\$33.99 ✓prime



TRX Training Strength Band, Full-Body Resistance Band for Home and Gym Use,...
★★★★☆ 219
\$34.95 ✓prime

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QuickFit 2 Pack Suspension Workout Posters - Volume 1 & 2 - Laminated Exercise Ch...
★★★★☆ 1,996
\$14⁹⁹



Sponsored ⓘ
TRX Training Strength Band, Full-Body Resistance Band for Home and Gym Use, R...
★★★★☆ 219
\$12⁹⁹



Faswin Wall Mount Bracket for Suspension Straps, Ceiling Anchor X Mount for Olympic Rin...
★★★★☆ 2,735
\$13⁹⁹



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Nice C Balance Ball, Half Ball, Balance Ball, Exercise Workout Trainer, with Resistant Band, S...
★★★★☆ 2,185
\$69⁹⁹



Palace Learning 4 Pack - Suspension Workout Posters Volume 1, 2 & 3 + Bodyweight Exercise...
★★★★☆ 31
\$9⁹⁹



POWER GUIDANCE Wall and Ceiling Mount Bracket for Suspension Straps, Gymnastic Ring...
★★★★☆ 670
\$15⁹⁹



Sponsored ⓘ
Heavy Exercise Bands Resistance Bands Set for Working Out, 300lbs Fitness Workout Bands...
★★★★☆ 167
\$39⁹⁹

Product Description



RESISTANCE TRAINING KIT

-  Fitness
-  Body buiding
-  Weighe loss
-  Sports
-  Physical therapy
-  Lnjury rehabilitation







Product information

Technical Details

Item Package Dimensions L x W x H	8.23 x 7.05 x 4.76 inches
Package Weight	1.01 Kilograms
Item Dimensions LxWxH	9.8 x 11 x 3.5 inches
Brand Name	Thcbme
Warranty Description	1 Year Warranty
Model Name	Home Resistance Training Kit
Color	Black, Yellow
Material	Nylon
Suggested Users	unisex
Manufacturer	Thcbme
Style	Pull Up

Additional Information

ASIN	B0C8JQ4QPX
Customer Reviews	4.6 46 ratings 4.6 out of 5 stars
Best Sellers Rank	#19,044 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #274 in Resistance Bands
Date First Available	June 19, 2023

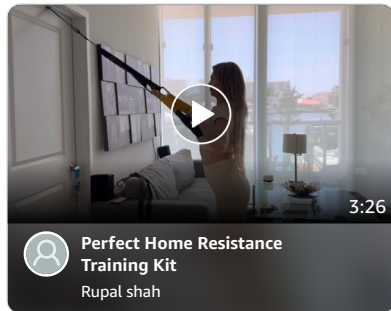
Feedback

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Included Components	1 Door Anchor, 1 Extension Straps, 2 Telescopic Strap, 2 Handles, 1 Sports Training Guide, 1 Instruction guide, 1 Drawstring Travel Bag
Sport Type	Bodybuilding

Videos

Videos for this product



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Important information

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Sports & Outdoors

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Home Resistance Training Kit, Resistance Trainer Fitness Straps for Full-Body Workout, Bodyweight Resistance Bands with Handles, Door Anchor, Heavy Duty Exercise Bands for Home Gym Workout Equipment

Brand: TUKTOBE
4.3 stars 26 ratings | Search this page
300+ bought in past month

-14% \$59.99

List Price: \$69.99

Or \$11.08 /mo (6 mo). Select from 1 plan

FREE Returns

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Get \$50 off instantly: Pay \$9.99 \$59.99 upon approval for Amazon Visa. No annual fee.

Brand	TUKTOBE
Material	Nylon
Color	Yellow
Style	Modern

About this item

- [ALL-IN-ONE Home Workout Equipment]** : 1 bodyweight resistance training strap, 2 extension straps, 2 exercise bands with handles and soft foot cradles, 1 door anchor. All wrapped up in a reusable box! These Workout Straps are made with fourfold sewing designed to be durable with comfortable grip-proof TPR handles that can withstand up to 500 pounds of bodyweight and over 1000 pounds of resistance.
- [Effective Full-body Strength Training Equipment]** : The Resistance Training Fitness Equipment are suitable for all levels and meet all fitness goals. Practice and master many simple basic movements. Such as push, pull, plank, squat, lunge, hinge & rotate. This is a great way to build muscle quickly, burn fat, increase endurance and increase agility. You can train all muscle groups, such as arms, legs, chest, shoulders, abdomen, back and buttocks.

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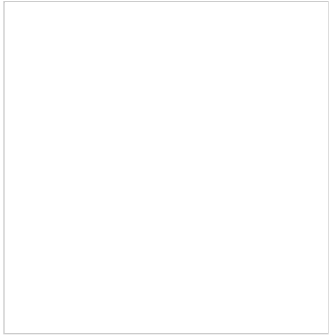
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- **【Ultra-sturdy And Durable Exercise Straps】** : The Resistance Training device is made of high-quality polyester fiber and heavy-duty nylon. The machine stitching is extremely precise and strong, sturdy. This door anchor is made of memory sponge, so there is no need to worry about its deformation. The non-slip handle is made of high-quality TPR. After safety testing, it can support up to 500 pounds.
- **【Easy Set Up And Use】** : All-in-one workout equipment for home workouts with door anchor and adjustable resistance training extension strap, easy-to-adjust one buckle system is the perfect Portable Gym use in indoors and outdoors. It can be quickly connected to most fixtures in any place, such as doors, rafters, trees, and ceiling brackets, cable machine.
- **【Manufacturer's Service】** - We are very confident that you will like our Gym Bands resistance Training System. We will provide LIFETIME Warranty and 90-DAY no reason refund service. If any problems with the Home Gym Exercise Equipment, you can contact us through the order information or e-mail. We promise we will solve it within 24 hour.



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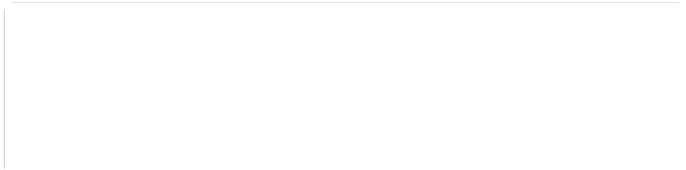


Resistance Bands, Exercise Bands with Handles, Fitness Bands, Workout Bands with Door Anchor and Ankle Straps, for Heavy Resistance Training, Physical Therapy, Shape Body, Yoga, Home Workout Set

★★★★☆ (8663)

\$23.97 ✓prime

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Total price: \$73.98

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This item: Home Resistance Training Kit, Resistance Trainer Fitness Straps for Full-Body...
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TRX PRO3 Suspension Trainer System, Design & Durability for Cross-Training, Weight ...
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TRX All-in-One Suspension Training System: Weight Training, Cardio, Cross Training,...
★★★★☆ 6,819
\$179.95 prime



TRX Tactical Gym, Tactical Suspension-Trainer Gym Kit, Fitness Training Designed fo...
★★★★☆ 420
\$279.95 prime



TRX Training Bandit Kit, Home-Workout Resistance-Band Set with Strength-Training...
★★★★☆ 110
\$49.95 prime



Lifetime Jungle Gym XT Body Weight Suspension Trainer System – Patented Split Ancho...
★★★★☆ 1,199
Amazon's Choice in Resistance Bands
\$81.20 prime



TRX Training All-in-One Suspension Trainer Exercise Equipment Bundle with XMount...
★★★★☆ 1,462
\$219.95 prime



Moulyan Bodyweight Resistance Training Straps,Suspension Training straps...
★★★★☆ 478
\$34.56 prime



TRX Training TRX Suspension-Train System Bundle w Suspension-Train...
★★★★☆ 1,200
\$189.95 prime

Customers who bought this item also bought



Faswin Wall Mount Bracket for Suspension Straps, Ceiling Anchor X Mount for Olympic Rin...
★★★★☆ 2,735
\$13.99



Sponsored
Fabric Resistance Bands for Working Out - Booty Bands for Women and Men - Exercise Bands R...
★★★★☆ 1,831
\$19.97



POWER GUIDANCE Wall and Ceiling Mount Bracket for Suspension Straps, Gymnastic Ring...
★★★★☆ 670
\$15.99



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Resistance Bands, 300lbs 360lbs Heavy Exercise Bands with Handles, Fitness Bands for Work...
★★★★☆ 571
\$65.97



Battle Rope Battle Ropes for Exercise Workout Rope Exercise Rope Battle Ropes for Home...
★★★★☆ 836
\$80.99



ZELUS 25in. Balance Ball | 1500lb Inflatable Half Exercise Ball Wobble Board Balance Trainer...
★★★★☆ 372
\$89.99



Sponsored
Pull Up Bands, Resistance Bands, Pull Up Assistance Bands Set for Men & Women, Exe...
★★★★☆ 9,456
\$29.99

Product Description

Bodyweight Resistance Training Straps- Full Body Workout

Resistance Bands for Working Out

----Use your own Bodyweight resistance,finishing all foundational movements – push, pull, plank, lunge, hinge, squat and rotate – a good helper for full body everyday workouts, enhances the muscle strength of each part of the body, maintains a healthy and good figure, and makes your life full of vitality. Portable home gym equipment.

For All Levels Of Training

----The full body workout resistance bands set is very easy to set up.Whether you are a profession trainer,a fitness amateur or a beginner ,you can always find yourself easy to maneuver on the equipment due to its simplistic yet durable design.Build up your strength, increase your endurance, and improve your core stability with your own bodyweight.

Adjustable Resistance Bands

- The sturdy zinc alloy adjusting buckle is strong and durable. Lock the resistance straps firmly. Just press the adjusting buckle to adjust the length of the resistance straps. Adjustable training belt design, you can adjust the length according to your needs.
- Double fixed straps ,keep the fitness straps from slipping off

TPR Handles

- Adopt high quality TPR material bring you Comfortable grip feeling .
- The embossed pattern design increases the friction when sweating, and will not slip when sweating in training

High Strength Zinc Alloy Carabiner

- Elegant, strong and practical.
- Durable and easy to use, can be opened and closed more than 5000+ times in our test

Exercise Handles/ Soft Rubber Foot Loops

2 in 1 High density nylon webbing Foot Rest Handles. Handles made of durable textured rubber grip,provides stronger grip,padded foot cradles enable you to exercise more comfortably diversify.

Durable Exercise Bands Resistance

Upgraded high Density Nylon webbing locking loop and Tighter sewing technology ,maximizes workout effectiveness without risk of slipping,gives peace of mind while exercising

Door Anchor


The door anchor is made of heavy nylon webbing and memory foam, which can protect the door from scratches and dents without worrying about deformation.

Product information

Technical Details

Item Package Dimensions L x W x H	11.1 x 9.88 x 4.06 inches
Package Weight	1.49 Kilograms
Brand Name	TUKTOBE
Warranty Description	1 Year Warranty
Model Name	1
Color	Yellow
Material	Nylon
Suggested Users	Unisex-Adult
Manufacturer	TUKTOBE
Style	Modern
Included Components	Handle
Sport Type	1

Additional Information

ASIN	B0CMXSK2V9
Customer Reviews	4.3  26 ratings 4.3 out of 5 stars
Best Sellers Rank	#12,307 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #192 in Resistance Bands
Date First Available	November 8, 2023

Feedback

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Sports & Outdoors

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Home Resistance Training Kit, Resistance Trainer Exercise Straps with Handles, Door Anchor and All-in-ONE Home Gym Equipment

Brand: Nadie

3.0 2 ratings | Search this page

100+ bought in past month

-33% \$39.99

List Price: \$59.99

FREE Returns

Get \$50 off instantly: Pay \$0.00 ~~\$39.99~~ upon approval for Amazon Visa. No annual fee.

Brand	Nadie
Material	Nylon
Color	Black, Yellow
Sport	Exercise and Fitness
Included Components	1 Extension Straps, 1 Drawstring Travel Bag, 1 Door Anchor, 2 Handles, 2 Telescopic Strap and 1 Sports Training Guide

About this item

- **[Portable Resistance Training System]** The bodyweight resistance trainer kit comes with 1 Extension Straps, 1 Drawstring Travel Bag, 1 Door Anchor, 2 Handles, 2 Telescopic Strap and 1 Sports Training Guide
- **[High Quality Materials]** Each accessory of our resistance training fitness equipment is carefully crafted with superior quality, made of heavy-duty materials and quadruple stitching technology to withstand up to 500 pounds of body weight and over 1,000 pounds of resistance.
- **[Multiple Workout Options]** Weight training bands for all levels and all fitness goals such as push, pull, plank, squat, lunge, hinge and rotate. You can work your arms, legs, chest, shoulders, abdomen, back and buttocks to achieve results. Getting the perfect body
- **[Easy To Use]** Home gym workout fitness equipment with door anchors and adjustable resistance training extension straps, it can be quickly

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attached to most fixtures anywhere, such as doors, rafters, trees, ceiling brackets and power racks.

- **【Customer Service】** You can contact us if you encounter problems when using our products. We will give you a satisfactory answer within 24 hours!

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Amazon's **Choice**



Resistance Bands, Exercise Bands with Handles, Fitness Bands, Workout Bands with Door Anchor and Ankle Straps, for Heavy Resistance Training, Physical Therapy, Shape Body, Yoga, Home Workout Set

★★★★☆ (8663)

\$23.97

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This item: Home Resistance Training Kit, Resistance Trainer Exercise Straps with Handles,...

\$39⁹⁹



Pull Up Bands, Resistance Bands, Pull Up Assistance Bands Set for Men & Women, Exercise Worko...

\$29⁹⁹



Home Resistance Training Kit, Resistance Trainer Exercise Straps with Handles, Door Anchor and...

\$59⁹⁹

Total price: \$129.97

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TRX PRO3 Suspension Trainer System, Design & Durability for Cross-Training, Weight ...
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TRX All-in-One Suspension Training System: Weight Training, Cardio, Cross Training,...
★★★★★ 6,819
\$179.95 ✓prime



TRX Training Bandit Kit, Home-Workout Resistance-Band Set with Strength-Training...
★★★★★ 110
\$49.95 ✓prime



TRX Tactical Gym, Tactical Suspension-Trainer Gym Kit, Fitness Training Designed for...
★★★★★ 420
\$279.95 ✓prime



Moulyan Bodyweight Resistance Training Straps,Suspension Training straps...
★★★★★ 478
\$34.56 ✓prime

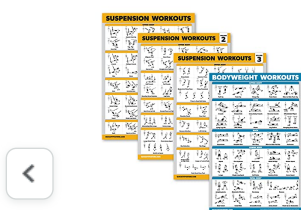


TRX Training All-in-One Suspension Trainer Exercise Equipment Bundle with XMount...
★★★★★ 1,462
\$219.95 ✓prime



TRX Training Strength Band, Full-Body Resistance Band for Home and Gym Use,...
★★★★★ 219
\$44.95 ✓prime

Customers who bought this item also bought



Palace Learning 4 Pack - Suspension Workout Posters Volume 1, 2 & 3 + Bodyweight Exercise...
★★★★★ 31
\$9.99



Sponsored ⓘ
Home Resistance Training Kit, Resistance Trainer Exercise Straps with Handles, Door An...
★★★★★ 55
\$59.99



Pull Up Bands, Resistance Bands, Pull Up Assistance Bands Set for Men & Women, Exe...
★★★★★ 9,456
\$29.99



Sponsored ⓘ
Fabric Resistance Bands for Working Out - Booty Bands for Women and Men - Exercise Bands R...
★★★★★ 1,831
\$19.97



Lusper Weight Bench for Home Gym, Adjustable and Foldable Weight Bench, Multi-Purpose...
★★★★★ 1,120
\$59.49



BTBSIGN LED Interval Timer Count Down/Up Clock Stopwatch with Remote for Home Gy...
★★★★★ 2,847
\$37.90



Sponsored ⓘ
Resistance Bands, Exercise Bands with Handles, Fitness Bands, Workout Bands with D...
★★★★★ 8,663
\$23.97

Product Description

- Home Resistance Training Kit - Perfect Portable Home Gym Equipment Make You Enhance Coordination, Build Endurance and Exercise Different Muscle Groups
- Enhance core strength;
- Train body balance and endurance;
- Burn body fat efficiently and reduce body fat rate;
- Increase muscle tone and improve athletic agility;
- Train the body flexibility and improve the stability of joints;
- Easy to carry, easy to hang, you can practice anywhere, anytime;

Product information

Technical Details

Additional Information

Brand	Nadie
-------	-------

ASIN	B0CLRT8Q81
------	------------

Material	Nylon
Color	Black, Yellow
Sport	Exercise and Fitness
Included Components	1 Extension Straps, 1 Drawstring Travel Bag, 1 Door Anchor, 2 Handles, 2 Telescopic Strap and 1 Sports Training Guide
Recommended Uses For Product	Workout
Special Feature	Adjustable
Unit Count	1.0 Count
Model Name	MG-003
Item Package Dimensions L x W x H	11.61 x 9.57 x 3.66 inches
Package Weight	1.51 Kilograms
Brand Name	Nadie
Warranty Description	One Year Warranty
Suggested Users	unisex
Manufacturer	Nadie

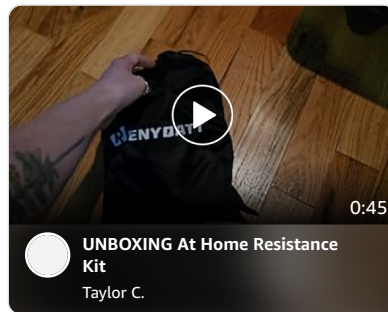
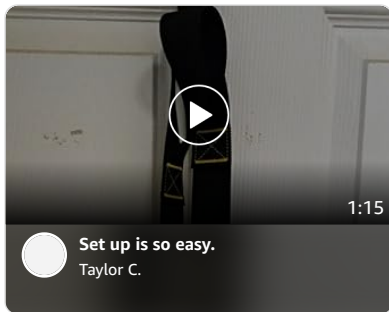
Customer Reviews	3.0 2 ratings 3.0 out of 5 stars
Best Sellers Rank	#128,424 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #992 in Resistance Bands
Date First Available	October 25, 2023

Feedback

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Videos

Videos for this product



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Home Resistance Training Kit, Extension Strap Door Anchors, Powerlifting Strength Workout Straps Full Body Complete Home Gym Body Core Exercise

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4.6 ★★★★☆ 10 ratings | Search this page

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List Price: \$69.99

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Brand	Aimery
Material	Nylon
Color	Black, Yellow
Item Weight	2.9 Pounds
Style	Modern

About this item

- Home Gym Equipment: These Workout Straps are made with fourfold sewing designed to be durable with comfortable grip-proof TPR handles that can withstand up to 500 pounds of bodyweight and over 1000 pounds of resistance.
- Total Body Workout: The strength resistance training fitness equipment is suitable for all levels to meet all fitness goals. You can work your arms, legs, chest, shoulders, abdomen, back and buttocks to achieve results. You can adjust the length to suit your personal needs, allowing you to complete pushes, pulls, planks, squats, lunges, hinges and rotations
- Training Belt Set: The resistance training kit is equipped with 1 Door Anchor, 1 Extension Straps, 2 Telescopic Strap, 2 Handles, 1 Sports Training Guide and 1 Drawstring Travel Bag.
- Indoor Outdoor Exercise: Our bodyweight trainer kit comes with an extension strap that allows you to exercise on various structures, such as

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fences, pull-up bars, basketball hoops, beams, outdoor park structures, and tree limbs.

- After-Aales Service: When you receive the item, if you are not satisfied with the situation please contact us, we will reply within 24 hours to solve the problem in a timely manner.

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Amazon's Choice



Resistance Bands, Exercise Bands with Handles, Fitness Bands, Workout Bands with Door Anchor and Ankle Straps, for Heavy Resistance Training, Physical Therapy, Shape Body, Yoga, Home Workout Set

★★★★☆ (8663)

\$23.97 **prime**

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This item: Home Resistance Training Kit, Extension Strap Door Anchors, Powerlifting Strength...

\$49⁹⁹

+



QuickFit 2 Pack Suspension Workout Posters - Volume 1 & 2 - Laminated Exercise Charts - 18\"...

\$14⁹⁹

+



Faswin Wall Mount Bracket for Suspension Straps, Ceiling Anchor X Mount for Olympic Rings, Bo...

\$13⁹⁹

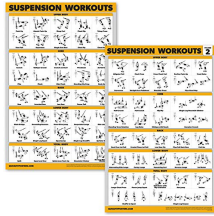
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QuickFit 2 Pack Suspension Workout Posters - Volume 1 & 2 - Laminated Exercise Ch...
★★★★☆ 1,996
\$14⁹⁹



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SELEWARE Door Anchor for resistance bands Home Gym Workout Door Mount Attachme...
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\$16⁹⁹



Wall Mount Bracket for X, Yoga Ceiling Mount Suspension Straps for Gymnastic Rings and A...
★★★★☆ 33
\$14⁹⁹



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Fabric Resistance Bands for Working Out - Booty Bands for Women and Men - Exercise Bands R...
★★★★☆ 1,831
\$19⁹⁷



Faswin Wall Mount Bracket for Suspension Straps, Ceiling Anchor X Mount for Olympic Rin...
★★★★☆ 2,735
\$13⁹⁹



TRX Training XMount, Training Mount Anchor Suspension-Trainer Straps, Mount Bracket...
★★★★☆ 503
\$39⁹⁵



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Resistance Bands, Exercise Bands with Handles, Fitness Bands, Workout Bands with D...
★★★★☆ 8,663
\$23⁹⁷

4 stars and above

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TRX PRO3 Suspension Trainer System, Design & Durability for Cross-Training, Weight ...
★★★★☆ 1,792
\$229.95 ✓prime



TRX All-in-One Suspension Training System: Weight Training, Cardio, Cross Training,...
★★★★☆ 6,819
\$179.95 ✓prime



TRX Tactical Gym, Tactical Suspension-Trainer Gym Kit, Fitness Training Designed fo...
★★★★☆ 420
\$279.95 ✓prime



TRX Training Bandit Kit, Home-Workout Resistance-Band Set with Strength-Training...
★★★★☆ 110
\$49.95 ✓prime



Home Resistance Training Kit, Resistance Trainer Exercise Straps with Handles, Door...
★★★★☆ 55
Amazon's Choice in Resistance Bands
\$59.99 ✓prime



TRX Training All-in-One Suspension Trainer Exercise Equipment Bundle with XMount...
★★★★☆ 1,462
\$219.95 ✓prime



Lifeline Jungle Gym XT Body Weight Suspension Trainer System - Patented Split Ancho...
★★★★☆ 1,199
\$81.20 ✓prime

Product Description



Exercise Handle



Telescopic Strap



Extension Straps



Door Anchor



Zinc Alloy Clip

HIGH STRENGTH ZINC ALLOY



STURDY SPRING ADJUSTER



ADJUSTABLE METAL BUCKLE



HEVY DUTY SRAINLESS SREEL CAM BUCKLES

Zinc alloy adjustable buckle



Product information

Technical Details

Additional Information

Item Package Dimensions L x W x H	10.35 x 9.17 x 4.49 inches
Package Weight	1.5 Kilograms
Item Weight	2.9 Pounds
Brand Name	Aimery
Warranty Description	1 Year Warranty
Model Name	Home Resistance Training Kit.
Color	Black, Yellow
Material	Nylon
Suggested Users	Unisex
Manufacturer	Aimery
Part Number	Home Resistance Training Kit.
Style	Modern
Included Components	2 Telescopic Strap, 2 Exercise Handle, 1 Door Anchor, 1 Extension Straps, 1 Sports Training Guide, 1 Instruction Guide, 1 Drawstring Travel Bag
Sport Type	Exercise and Fitness

ASIN	B0CH3B2NXR
Customer Reviews	4.6 10 ratings 4.6 out of 5 stars
Best Sellers Rank	#56,707 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #597 in Resistance Bands
Date First Available	September 1, 2023

Feedback

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noxozoqm Home Resistance Training Kit,Resistance Trainer Exercise Straps with Handles,Door Anchor,Training Guide, Bodyweight Resistance Straps for Full-Body Workout for Home Gym.

Visit the noxozoqm Store

5.0 ★★★★★ ▾ 4 ratings | Search this page

50+ bought in past month

-17% \$49⁹⁹

List Price: \$59.99 ⓘ

FREE Returns ▾

Get \$50 off instantly: Pay \$0.00 ~~\$49.99~~ upon approval for Amazon Visa. No annual fee.

Brand	noxozoqm
Material	high quality polyester fiber and high density heavy duty nylon
Color	yellow & black
Item Weight	1.2 Kilograms
Sport	Strength Training

About this item

- WORKOUT ANYWHERE:All-in-one workout equipment for home workouts with door anchor and adjustable resistance training extension strap, easy-to-

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\$49⁹⁹

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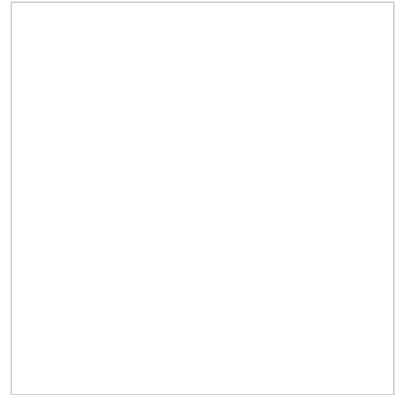
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Top About this item Product information Questions Reviews

bodyweight resistance trainer kit with horizontal bars, wall, doors, sturdy beams, weight racks, heavy bag mounts, railings, trees, fences or any sturdy and safe object for exercise, as well as aerial yoga training to work out.

- **PREMIUM QUALITY AND DURABLE COMPONENTS** :Each attachment of our Resistance Training Fitness Equipment is carefully constructed and in good quality, heavy-duty materials and fourfold sewing tech keep every part secure. Can max withstand up to 500 pounds of bodyweight and over 1000 pounds of resistance.
- **FULL BODY STRENGTH RESISTANCE TRAINING** :The Resistance Training Fitness Equipment are suitable for all levels and meet all fitness goals. Practice and master many simple basic movements. Such as push, pull, plank, squat, lunge, hinge & rotate. This is a great way to build muscle quickly, burn fat, increase endurance and increase agility. You can train all muscle groups, such as arms, legs, chest, shoulders, abdomen, back and buttocks.

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Portable Resistance Training System :The resistance trainer kit comes with 1 training strap, 1 bodyweight resistance training strap, 1 workout exercise bands handles, 2 resistance training straps, 1 door anchor and 1 carry bag! You can choose your own way to setup and do exercises anytime, anywhere.

CUSTOMER SERVICE :We are committed to providing you with the best quality home fitness equipment. If you can contact us through the order page or e-mail. We promise we will solve it within 24 hours. If you need more training guides, please contact us.

Report a problem with this product or seller

Free shipping with fast delivery

Home Resistance Training Kit, Resistance Trainer Fitness Straps for Full-Body Workout, Bodyweight Resistance Bands with Handles, Door Anchor, Workout Guide for Home Gym

★★★★★ (4)

\$49.99

Top

About this item

Product information

Questions

Reviews



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4 stars and above

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TRX PRO3 Suspension Trainer System, Design & Durability for Cross-Training, Weight ...
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\$229.95 ✓prime



TRX All-in-One Suspension Training System: Weight Training, Cardio, Cross Training,...
★★★★★ 6,819
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TRX Training Bandit Kit, Home-Workout Resistance-Band Set with Strength-Training...
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\$219.95 ✓prime



Lifeline Jungle Gym Body Weight Suspens: Trainer System – Patented Split Ancho...
★★★★☆ 1,199
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Product Description

Top

About this item

Product information

Questions

Reviews



HIGH STRENGTH ZINC ALLOY/STURDY SPRING ADJUSTER

ALL-IN-ONE Home Workout EquipmentHome ,Highest Grade Zinc Alloy

Heavy Duty Carabiner Withstands Up to 880 lbs.Super strong carabiner links with

nylon webbing.The lightweight resistance training belt is easy to transport, and the included training straps and storage bag make it convenient to train anywhere, at any time. Whether you're at home, outdoors, or on the go, you can incorporate weight resistance training into your daily routine.

Top

About this item

Product information

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Reviews

ADJUSTABLE METAL BUCKLE

Heavy Duty Exercise Bands for Home Gym Workout Equipment, All-in-one workout equipment for home workouts with door anchor and adjustable resistance training extension strap, It can be quickly connected to most fixtures in any place, such as doors, rafters, trees, and ceiling brackets, cable machine.

This versatile home exercise equipment allows you to target specific muscle groups, improve core strength, and increase flexibility and muscle strength. Super strong adjustable straps, Strap length can be adjusted according to your needs.



Exercise Handles/ Soft Rubber Foot Loops

Ergonomic Handles:

Non-slip TPR Rubber Handles with Pattern provide stonger grip.

A layer of Soft Memory Foam is Attached to Foot Cradles, More

Comfortable and Protect Skin From Friction.



Durable Exercise Bands Resistance

Adjustable Design:

The innovative adjustable design allows you to quickly and easily adjust the amount of force applied to your body by changing the width of the system and the length of the straps.



Extension Straps

Portable workout equipment enables you to exercise at anytime and anywhere. With a safety door anchor attachment that easily and securely connects to a door, metal ledge, railing, or tree branch without causing any damage.



Door Anchor

Flexible and Detachable Design: Door Anchor for Resistance Bands, Home-Gym Workout Exercise Bands Attachment for Yoga Strap, Physical Therapy Bands and Closed Loop Bands, Heavy Duty door anchor system.

Resistance Training Kit, Resistance Trainer Fitness Straps for Full-Body Workout, Bodyweight Resistance Bands with Handles, Door Anchor

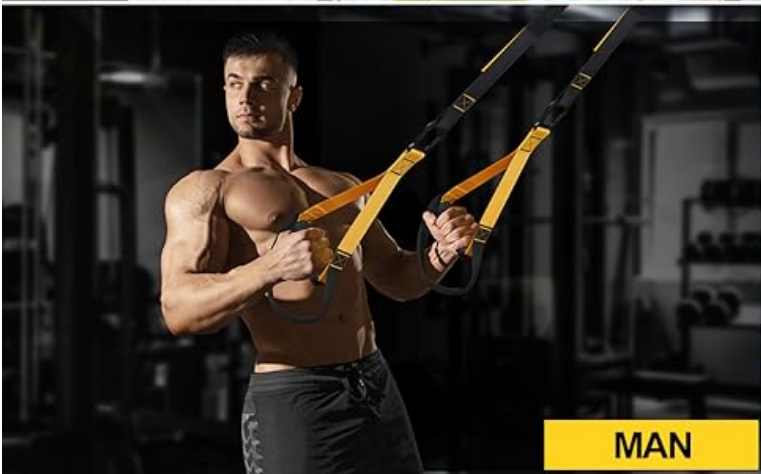
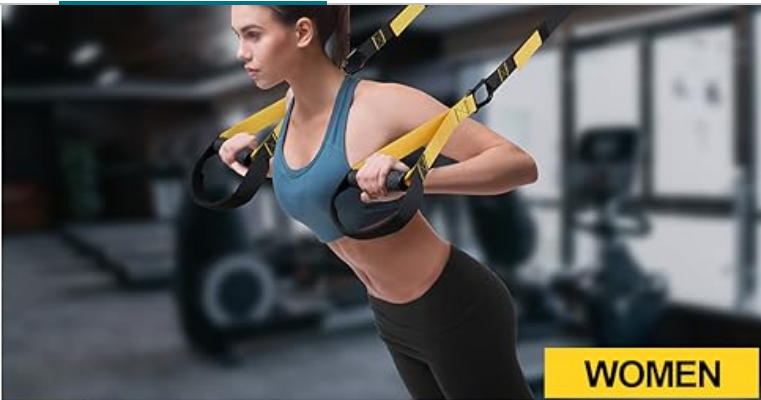
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About this item

Product information

Questions

Reviews



2024 Versatile Fitness Bands ,BEST QUALITY Training Straps with Bodyweight Resistance Workout Straps for Indoor & Outdoor.

Packing List:

- Training Guide *1
- Door Anchor*1
- Bodyweight Resistance Training Strap *1
- Carrying bag*1
- Adjustable Extension Straps*2
- Exercise Handles *2

Product information

Top


About this item

Product information

Questions

Reviews

Brand	noxozoqm
Material	high quality polyester fiber and high density heavy duty nylon
Color	yellow & black
Item Weight	1.2 Kilograms
Sport	Strength Training
Included Components	门锚&手把
Recommended Uses For Product	Workout
Product Dimensions	7.8"L x 3.9"W
Style	fitness
League	Workouts GYM
Team Name	nba
Item Package Dimensions L x W x H	9.13 x 9.02 x 4.17 inches
Package Weight	1.45 Kilograms
Item Dimensions LxWxH	7.8 x 3.9 x 0.1 inches
Brand Name	noxozoqm
Manufacturer	noxozoqm
Part Number	sb001

ASIN	B0CPRZZ6M4
Customer Reviews	5.0  4 ratings 5.0 out of 5 stars
Best Sellers Rank	#102,580 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #863 in Resistance Bands
Date First Available	December 8, 2023

Feedback

Would you like to [tell us about a lower price?](#)

Videos

Help others learn more about this product by uploading a video!

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Home Resistance Training Kit, Workout Straps For Home Gym, Resistance Trainer Exercise Straps With Handles, Bodyweight Workout Bands For Full-body Strength Training

Brand: Generic
3.7 ★★★★★ 33 ratings | Search this page
100+ bought in past month

-19% \$23.99
List Price: \$29.58

Get \$50 off instantly: Pay \$0.00 \$23.99 upon approval for Amazon Visa. No annual fee.

- EXERCISE ANYTIME & ANYWHERE - Bodyweight resistance trainer kit allows you to exercise almost anywhere; Whether it's on the door of your home or tying the straps to a tree, pole or any sturdy and safe object; No need to purchase any additional accessories; The resistance trainer kit is lightweight and compact, stored in the included storage bag, making it easy to carry; With the workout strap, you can enjoy the benefits of exercise anytime, anywhere without going to the gym
- 【Full-Body Workout Straps】: The home resistance training kit is suitable for all levels to meet all fitness goals; Master the seven foundational movements: rotate, squat, hinge, push, pull, plank and lunge; You can work your arms, legs, chest, shoulders, abdomen, back and buttocks to achieve results; An elite level system for building core strength, increasing lean muscle, boosting endurance and expanding mobility
- 【Length Adjustable Workout Straps】: The bodyweight resistance trainer is designed with extension strap; The extension straps adjuster can quickly change the length during training, so as to adjust to the length suitable for exercise; High density non-slip exercise handles also with premium soft anti-skid rubber for stronger grip
- 【Multiple Installation Methods】: The workout straps kit is equipped with a Wall mount anchors, so you can choose from a variety of installation methods, so that you can quickly install it on doors, branches, walls, ceilings, anytime and anywhere for full body workout; This workout kit will become your favorite portable gym companion

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Home Resistance Training Kit, Resistance Trainer Fitness Straps for Full-Body Workout, Bodyweight Resistance Bands with Handles, Door Anchor, Workout Guide for Home Gym (Resistance) (Black, Yellow) 4.5 stars (99) \$40.00

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Total price: \$64.95

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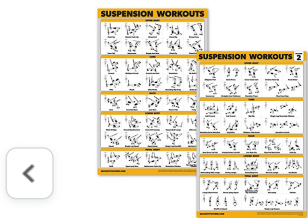
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This item: Home Resistance Training Kit, Workout Straps For Home Gym, Resistance Trainer... \$23.99

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Hipiwe Ceiling Anchor Wall Mount Bracket for Suspension Straps, Gymnastic Rings, Aeria... 4.5 stars 426 \$18.99



Resistance Training Kit, 2 Adjustable Bodyweight Resistance Bands with Handles + 1 Door Anch... 4.5 stars 112



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 \$229.95 ✓prime

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 ★★★★★ 6,819
 \$179.95 ✓prime

TRX Tactical Gym, Tactical Suspension-Trainer Gym Kit, Fitness Training Designed fo...
 ★★★★★ 420
 \$279.95 ✓prime

TRX Training TRX GO Suspension-Trainer-System Bundle with Suspension-Trainer...
 ★★★★★ 1,208
 \$189.95 ✓prime

Moulyan Bodyweight Resistance Training Straps,Suspension Training straps...
 ★★★★★ 478
 \$34.56 ✓prime

TRX Training All-in-One Suspension Trainer Exercise Equipment Bundle with XMount...
 ★★★★★ 1,462
 \$219.95 ✓prime

Home Resistance Training Kit, Resistance Trainer Exercise Straps with Handles, Door...
 ★★★★★ 55
 Amazon's Choice in Resistance Bands
 \$59.99 ✓prime

Product Description

🔥 SAFETY FIRST, HOLD UP TO 900 LBS - Resistance training strap is made of industrial-strength nylon webbing, with high-density threading, firm stitching, and tear resistance. High-quality soft foam-wrapped handles prevent slipping when sweating and provide a comfortable feel. The hook is made of anti-rust zinc alloy carabiner, which is extremely strong and durable, and can bear up to 900 lbs of weight. You don't need to worry about the training strap breaking during use. 🔥 ULTRA-EFFICIENT FITNESS - Bodyweight resistance training system helps revolutionize bodyweight workouts into convenient and challenging strength training, increasing the balance, coordination and stability of the entire muscle group of the body. The bodyweight strap allows you to perform over 300 strength training, cardio, yoga and HIIT exercises, providing you with a full-body workout. Excellent results for building muscle strength, strengthening the core, burning fat, and sculpting curves. 🔥 ADJUSTABLE LENGTH, OPTIONAL INTENSITY - The length of the resistance trainer straps can be adjusted between 37.4" and 49.2". When the door anchor is installed, the length of bodyweight training straps can reach 88.6". Whether you are a beginner or a training fanatic, you can adjust your training intensity by adjusting the length of the bodyweight resistance straps and changing your body posture. 🔥 EXERCISE ANYTIME & ANYWHERE - Bodyweight resistance trainer kit allows you to exercise almost anywhere. Whether it's on the door of your home or tying the straps to a tree, pole or any sturdy and safe object. No need to purchase any additional accessories. The resistance trainer kit is lightweight and compact, stored in the included storage bag, making it easy to carry. With the workout strap, you can enjoy the benefits of exercise anytime, anywhere without going to the gym.

Product information

Technical Details

Item Package Dimensions L x W x H	8 x 5 x 4 inches
Package Weight	3 Pounds
Brand Name	Generic
Style	Modern

Additional Information

ASIN	B0BZY6HK7Y
Customer Reviews	3.7 ★★★★★ 33 ratings 3.7 out of 5 stars
Best Sellers Rank	#44,582 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #484 in Resistance Bands
Date First Available	March 30, 2023

Feedback

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Videos

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Home Resistance Training Kit, Resistance Trainer Fitness Straps for Full-Body Workout, Bodyweight Resistance Bands with Handles, Door Anchor, Heavy Duty Exercise Bands for Home Gym Workout Equipment

Brand: TUKTOBE
4.3 26 ratings | Search this page
300+ bought in past month

-14% \$59.99

List Price: ~~\$69.99~~

Or \$11.08 /mo (6 mo). Select from 1 plan

FREE Returns

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Get \$50 off instantly: Pay \$9.99 ~~\$59.99~~ upon approval for Amazon Visa. No annual fee.

Brand	TUKTOBE
Material	Nylon
Color	Yellow
Style	Modern

About this item

- **[ALL-IN-ONE Home Workout Equipment]** : 1 bodyweight resistance training strap, 2 extension straps, 2 exercise bands with handles and soft foot cradles, 1 door anchor .All wrapped up in a reusable box! These Workout Straps are made with fourfold sewing designed to be durable with comfortable grip-proof TPR handles that can withstand up to 500 pounds of bodyweight and over 1000 pounds of resistance.
- **[Effective Full-body Strength Training Equipment]** : The Resistance Training Fitness Equipment are suitable for all levels and meet all fitness goals. Practice and master many simple basic movements. Such as push, pull, plank, squat, lunge, hinge & rotate. This is a great way to build muscle quickly, burn fat, increase endurance and increase agility. You can train all muscle groups, such as arms, legs, chest, shoulders, abdomen, back and buttocks.

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In Stock

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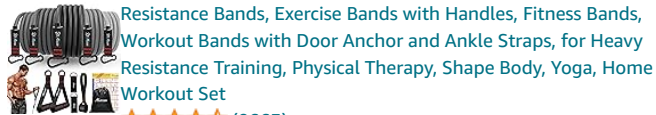
machine stitching is extremely precise and strong, sturdy. This door anchor is made of memory sponge, so there is no need to worry about its deformation. The non-slip handle is made of high-quality TPR. After safety testing, it can support up to 500 pounds.

- **【Easy Set Up And Use】** : All-in-one workout equipment for home workouts with door anchor and adjustable resistance training extension strap, easy-to-adjust one buckle system is the perfect Portable Gym use in indoors and outdoors. It can be quickly connected to most fixtures in any place, such as doors, rafters, trees, and ceiling brackets, cable machine.
- **【Manufacturer's Service】** - We are very confident that you will like our Gym Bands resistance Training System. We will provide LIFETIME Warranty and 90-DAY no reason refund service. If any problems with the Home Gym Exercise Equipment, you can contact us through the order information or e-mail. We promise we will solve it within 24 hour.

Report an issue with this product or seller

Consider a similar item

Amazon's Choice



★★★★☆ (8663)

\$23.97 ✓prime

Climate Pledge Friendly

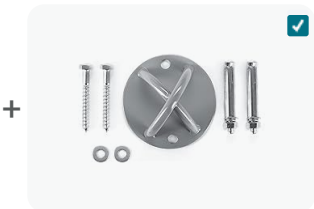
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Frequently bought together



This item: Home Resistance Training Kit, Resistance Trainer Fitness Straps for Full-Body...

\$59⁹⁹



Faswin Wall Mount Bracket for Suspension Straps, Ceiling Anchor X Mount for Olympic Rings, Bo...








\$13⁹⁹

Total price: \$73.98








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 <p>Faswin Wall Mount Bracket for Suspension Straps, Ceiling Anchor X Mount for Olympic Rin... ★★★★★ 2,735 \$13⁹⁹</p>	 <p>Sponsored Fabric Resistance Bands for Working Out - Booty Bands for Women and Men - Exercise Bands R... ★★★★★ 1,831 \$19⁹⁷</p>	 <p>POWER GUIDANCE Wall and Ceiling Mount Bracket for Suspension Straps, Gymnastic Ring... ★★★★★ 670 \$15⁹⁹</p>	 <p>Sponsored Resistance Bands, 300lbs 360lbs Heavy Exercise Bands with Handles, Fitness Bands for Work... ★★★★★ 571 \$65⁹⁷</p>	 <p>Battle Rope Battle Ropes for Exercise Workout Rope Exercise Rope Battle Ropes for Home... ★★★★★ 836 \$80⁹⁹</p>	 <p>ZELUS 25in. Balance Ball 1500lb Inflatable Half Exercise Ball Wobble Board Balance Trainer... ★★★★★ 372 \$89⁹⁹</p>	 <p>Sponsored Pull Up Bands, Resistance Bands, Pull Up Assistance Bands Set for Men & Women, Exe... ★★★★★ 9,456 \$29⁹⁹</p>
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Product Description



Top

About this item

Product information

Questions

Reviews

BODY WEIGHT RESISTANCE TRAINING

STRAP SET FOR FULLBODY WORKOUT

-  Fitness
-  Body buiding
-  Physical therapy
-  Sports
-  Weighe loss
-  Lnjury rehabilitation

Top

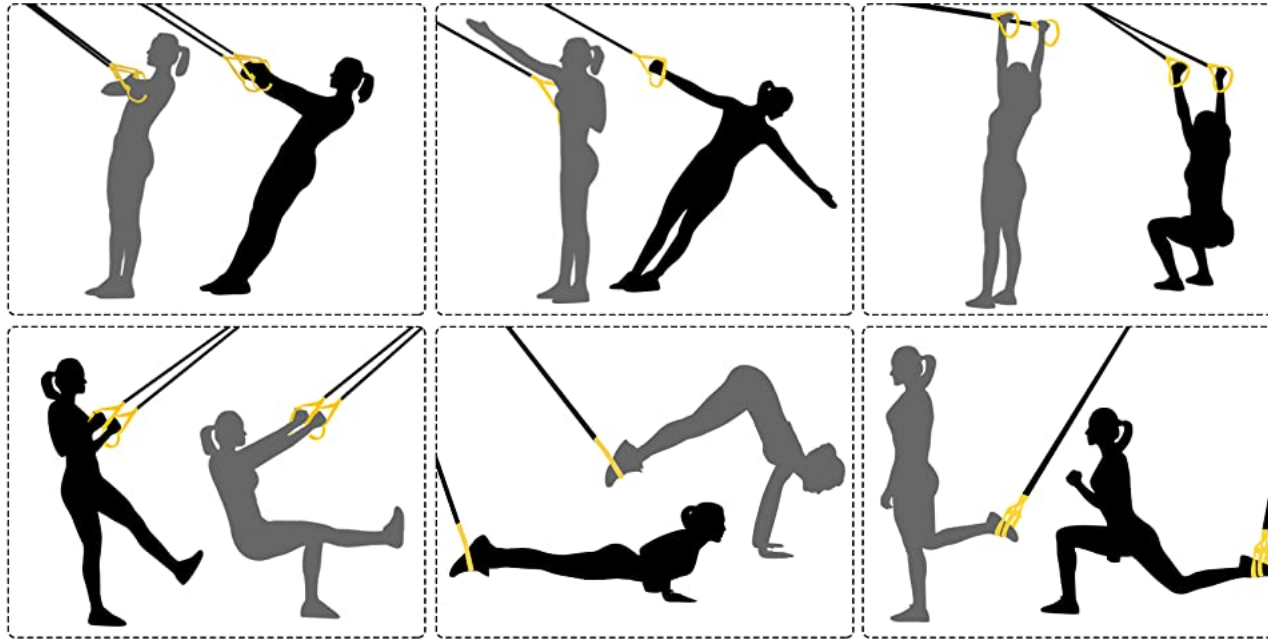
About this item

Product information

Questions

Reviews

RESISTANCE EXERCISE MODES | USE WEIGHT TO WORKOUT YOURSELF



Bodyweight Resistance Training Straps- Full Body Workout

Resistance Bands for Working Out

----Use your own Bodyweight resistance, finishing all foundational movements – push, pull, plank, lunge, hinge, squat and rotate – a good helper for full body everyday workouts, enhances the muscle strength of each part of the body, maintains a healthy and good figure, and makes your life full of vitality. Portable home gym equipment.

For All Levels Of Training

----The full body workout resistance bands set is very easy to set up. Whether you are a profession trainer, a fitness amateur or a beginner, you can always find yourself easy to maneuver on the equipment due to its simplistic yet durable design. Build up your strength, increase your endurance, and improve your core stability with your own bodyweight.



Adjustable Resistance Bands

- The sturdy zinc alloy adjusting buckle is strong and durable. Lock the resistance straps firmly. Just press the adjusting buckle to adjust the length of the resistance straps. Adjustable training belt design, you can adjust the length according to your needs.
- Double fixed straps ,keep the fitness straps from slipping off



TPR Handles

- Adopt high quality TPR material bring you Comfortable grip feeling .
- The embossed pattern design increases the friction when sweating, and will not slip when sweating in training



High Strength Zinc Alloy Carabiner

- Elegant, strong and practical.
- Durable and easy to use, can be opened and closed more than 5000+ times in our test



Exercise Handles/ Soft Rubber Foot Loops

2 in 1 High density nylon webbing Foot Rest Handles. Handles made of durable textured rubber grip,provides stronger grip,padded foot cradles enable you to exercise more comfortably diversify.



Durable Exercise Bands Resistance

Upgraded high Density Nylon webbing locking loop and Tighter sewing technology ,maximizes workout effectiveness without risk of slipping,gives peace of mind while exercising



Door Anchor

The door anchor is made of heavy nylon webbing and memory foam, which can protect the door from scratches and dents without worrying about deformation.

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About this item

Product information

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Product information

Technical Details

Item Package Dimensions L x W x H	11.1 x 9.88 x 4.06 inches
Package Weight	1.49 Kilograms
Brand Name	TUKTOBE
Warranty Description	1 Year Warranty
Model Name	1
Color	Yellow
Material	Nylon
Suggested Users	Unisex-Adult
Manufacturer	TUKTOBE
Style	Modern
Included Components	Handle

Additional Information

ASIN	B0CMXSK2V9
Customer Reviews	4.3 26 ratings 4.3 out of 5 stars
Best Sellers Rank	#12,307 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #192 in Resistance Bands
Date First Available	November 8, 2023

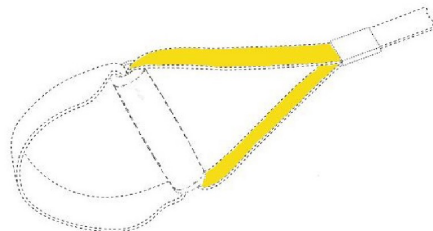
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EXHIBIT C

United States of America

United States Patent and Trademark Office



Reg. No. 4,741,049

Registered May 19, 2015

Int. Cl.: 28

TRADEMARK

SUPPLEMENTAL REGISTER

FITNESS ANYWHERE, LLC (DELAWARE LIMITED LIABILITY COMPANY)
755 SANSOME ST., STE 600
SAN FRANCISCO, CA 94133

FOR: MANUALLY-OPERATED EXERCISE EQUIPMENT, NAMELY, EXTENDIBLE NYLON STRAP-BASED TRAINER WITH TWO HANDLES AND FIXED AT A MIDPOINT BETWEEN THE HANDLES TO A STRUCTURE FOR ALLOWING A USER TO USE BODY WEIGHT TO MODULATE THE RESISTANCE FELT DURING EXERCISING WITH THE TRAINER, IN CLASS 28 (U.S. CLS. 22, 23, 38 AND 50).

FIRST USE 1-31-2005; IN COMMERCE 1-31-2005.

THE MARK CONSISTS OF THE COLOR YELLOW AS APPLIED TO THE STRAPS BETWEEN THE HANDLES AND FIXED MIDPOINT OF MANUALLY-OPERATED EXERCISE EQUIPMENT. THE SHAPE OF THE GOODS AS DEPICTED IN DOTTED LINES IS SHOWN TO INDICATE THE POSITION OF THE MARK ON THE GOODS AND IS NOT CLAIMED AS A FEATURE OF THE MARK.

THE COLOR(S) YELLOW IS/ARE CLAIMED AS A FEATURE OF THE MARK.

SER. NO. 86-082,712, FILED P.R. 10-4-2013; AM. S.R. 1-25-2015.

VERNA BETH RIRIE, EXAMINING ATTORNEY



Michelle K. Lee

Director of the United States
Patent and Trademark Office

EXHIBIT D



US00D831764S

(12) **United States Design Patent** (10) **Patent No.:** **US D831,764 S**
Hetrick et al. (45) **Date of Patent:** **** Oct. 23, 2018**

(54) **FLEXIBLE STRAP WITH A DUAL STITCH PATTERN**
 (71) Applicant: **Fitness Anywhere LLC**, San Francisco, CA (US)
 (72) Inventors: **Randal A Hetrick**, San Francisco, CA (US); **Mauricio Hernan Delgado**, San Anselmo, CA (US)
 (73) Assignee: **FITNESS ANYWHERE LLC**, San Francisco, CA (US)

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(Continued)

(**) Term: **15 Years**
 (21) Appl. No.: **29/587,147**

(22) Filed: **Dec. 9, 2016**
 (51) **LOC (11) Cl.** **21-02**
 (52) **U.S. Cl.**
 USPC **D21/694**
 (58) **Field of Classification Search**
 USPC D2/626, 627, 639, 772, 814, 817, 908,
 D2/946, 985, 994, 999; D5/47, 56, 57;
 D11/86, 169
 CPC D05B 93/00; A63B 21/4043; A63B
 2071/0694; A63B 21/018; A63B 21/16
 See application file for complete search history.

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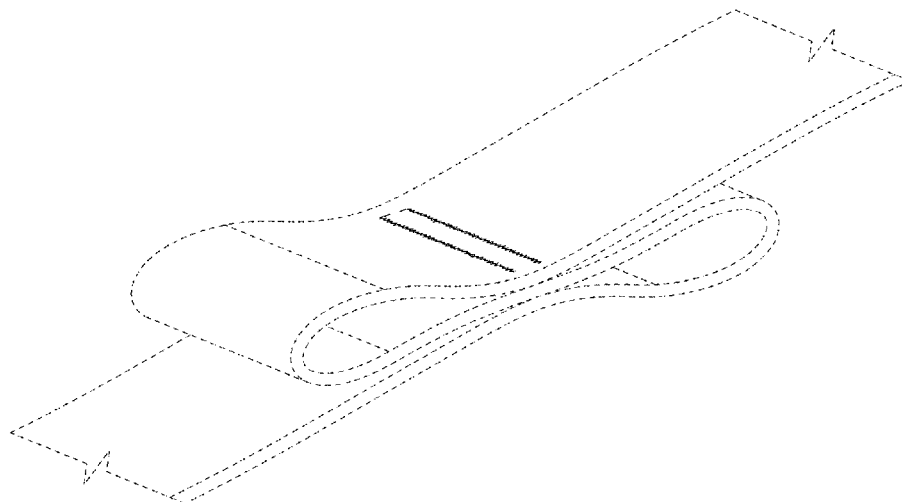
Primary Examiner — Cynthia Ramirez
Assistant Examiner — Michael A Maharajh
 (74) *Attorney, Agent, or Firm* — Duane Morris LLP

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(57) **CLAIM**
 The ornamental design for a flexible strap with a dual stitch pattern, as shown and described.

DESCRIPTION
 FIG. 1 is a perspective view of the flexible strap with a dual stitch pattern;
 FIG. 2 is a front view of the flexible strap with a dual stitch pattern of FIG. 1;
 FIG. 3 is a back view of the flexible strap with a dual stitch pattern of FIG. 1;
 FIGS. 4 and 5 are the left and right side views of the flexible strap with a dual stitch pattern of FIG. 1; and,
 FIGS. 6 and 7 are the top and bottom views of the flexible strap with a dual stitch pattern of FIG. 1.
 The broken line shown in the figures are for the purpose of illustrating portions of the flexible strap with a dual stitch pattern which form no part of the claimed design.

1 Claim, 3 Drawing Sheets



US D831,764 S

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(56)

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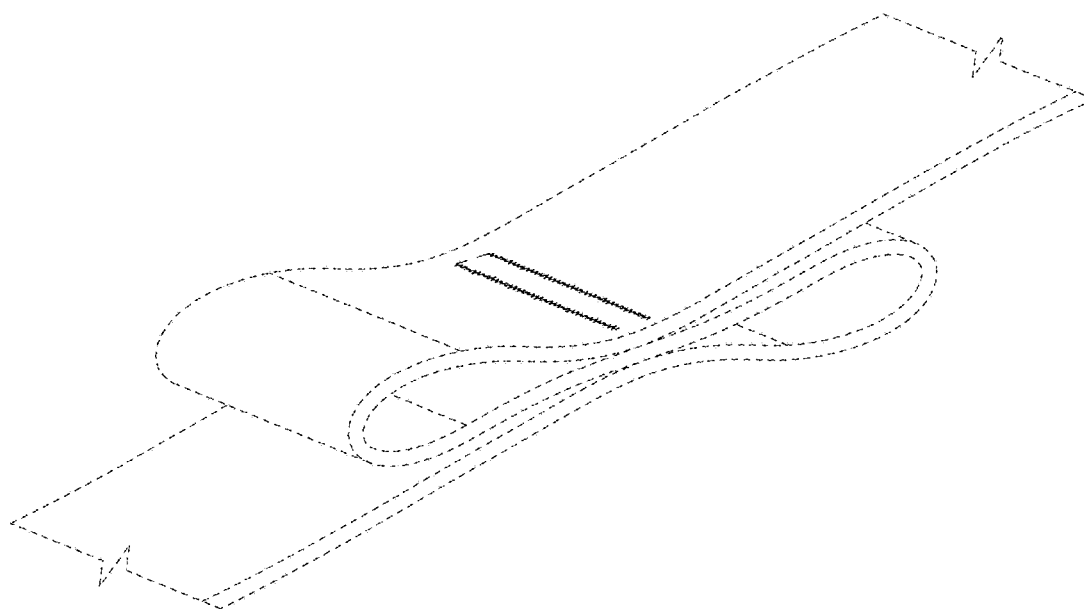


FIG. 1

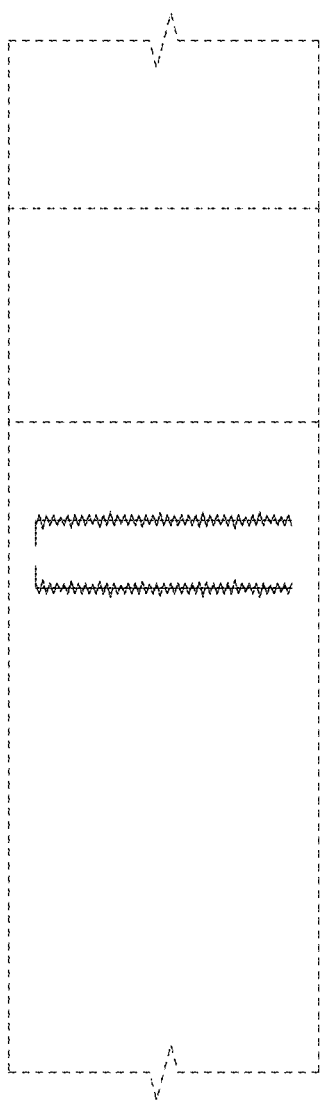


FIG. 2

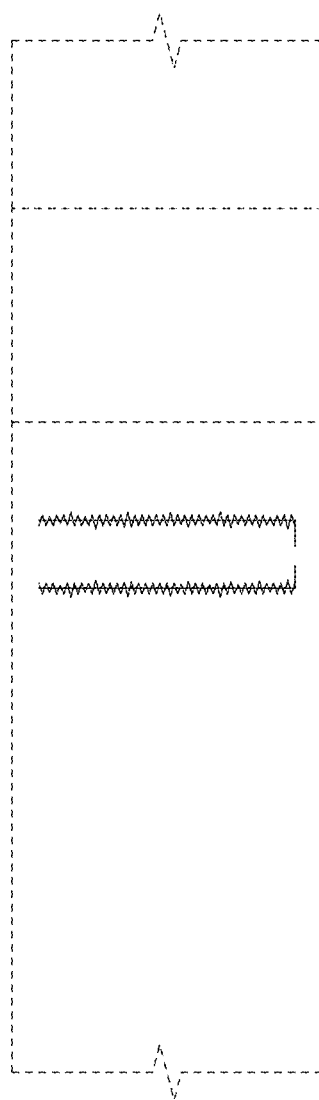


FIG. 3

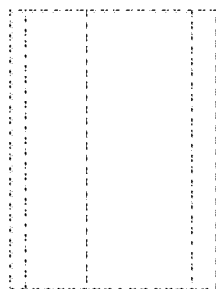


FIG. 4

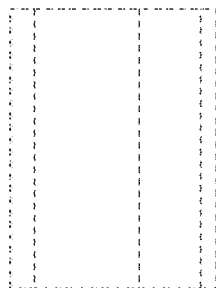


FIG. 5

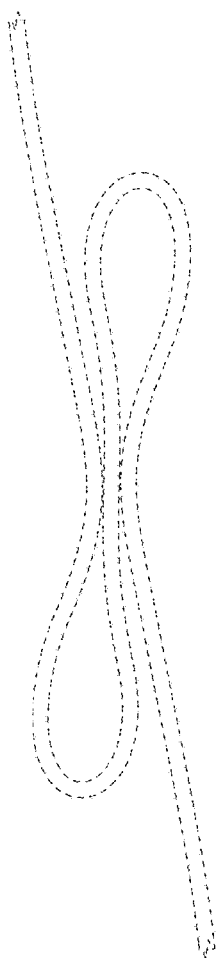


FIG. 6

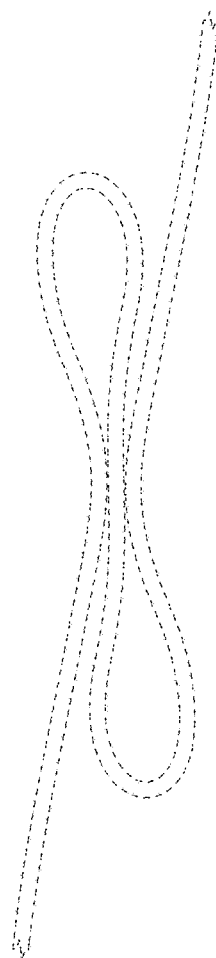


FIG. 7

EXHIBIT E



US007762932B2

(12) **United States Patent**
Hetrick

(10) **Patent No.:** **US 7,762,932 B2**
(45) **Date of Patent:** **Jul. 27, 2010**

(54) **INELASTIC EXERCISE DEVICE HAVING A LIMITED RANGE**

(75) Inventor: **Randal Hetrick**, San Francisco, CA (US)

(73) Assignee: **Fitness Anywhere, Inc.**, San Francisco, CA (US)

(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 0 days.

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(21) Appl. No.: **11/948,872**

(22) Filed: **Nov. 30, 2007**

(65) **Prior Publication Data**

US 2009/0075788 A1 Mar. 19, 2009

Related U.S. Application Data

(60) Provisional application No. 60/973,126, filed on Sep. 17, 2007.

(51) **Int. Cl.**

A63B 21/002 (2006.01)
A63B 21/068 (2006.01)

(52) **U.S. Cl.** **482/91**; 482/96; 482/904

(58) **Field of Classification Search** 482/23, 482/24, 38, 40, 47-49, 91, 92, 95, 96, 114, 482/120, 126, 129, 130, 131, 132, 140, 141, 482/148, 904, 907

See application file for complete search history.

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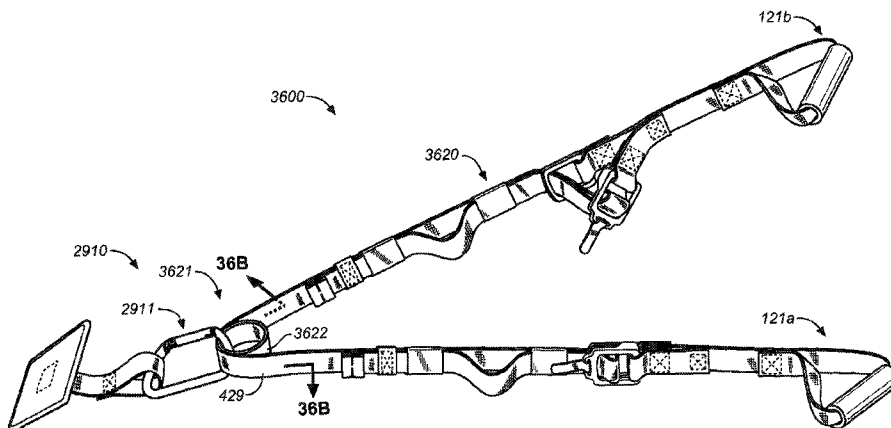
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Primary Examiner—Loan H Thanh
Assistant Examiner—Allana Lewin
(74) *Attorney, Agent, or Firm*—Steven R. Vosen

(57) **ABSTRACT**

An exercise device having many advantageous features is described, including the ability to provide a combination of grips to the user, and the ability to easily mount the device to a wall. The exercise device includes a mechanism that permits a limited range of longitudinally motion for an elongated member having grips. The mechanism permits a user to balance while exercising, and provides support resulting from excessive motion of the exercise device.

30 Claims, 36 Drawing Sheets



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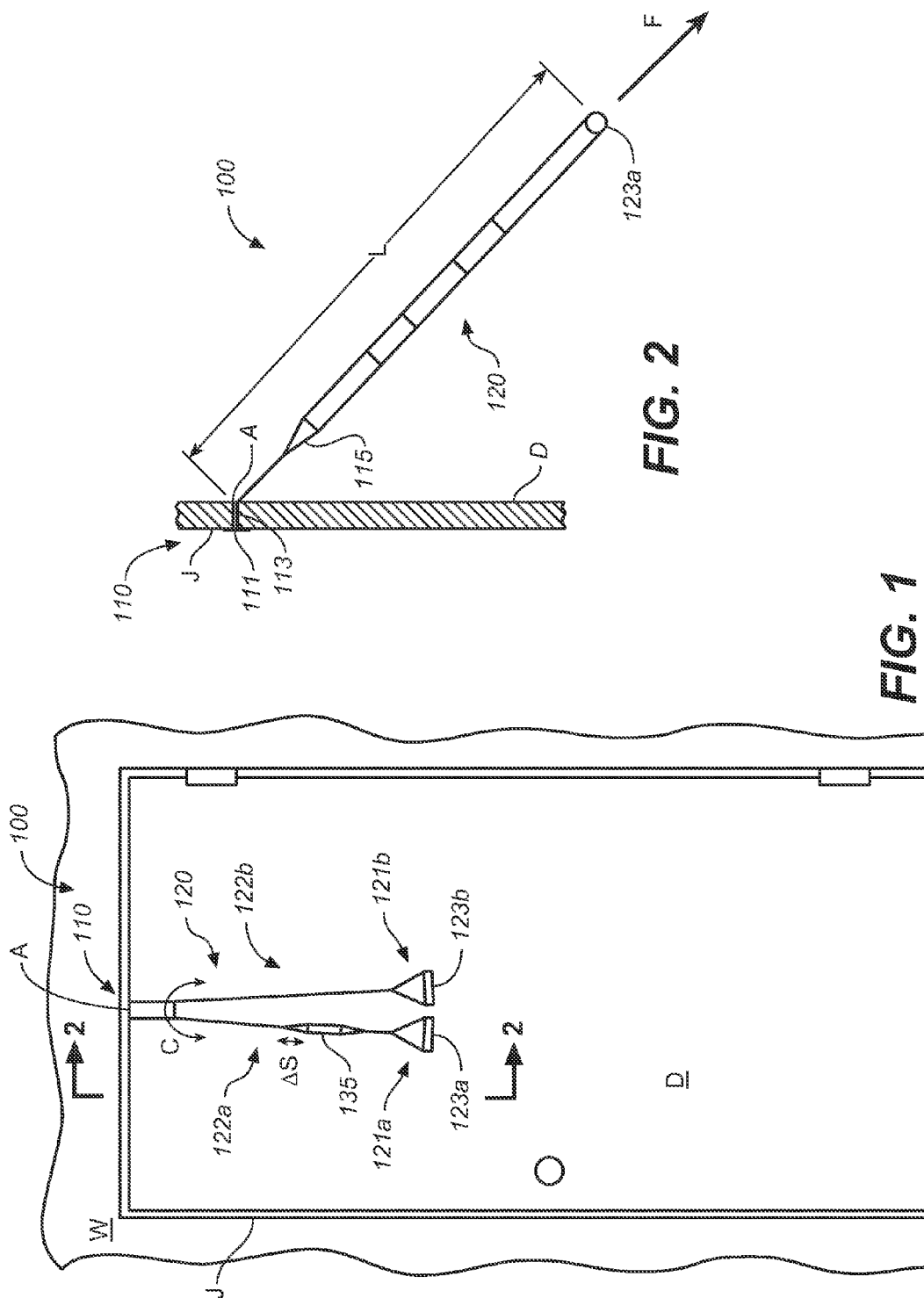
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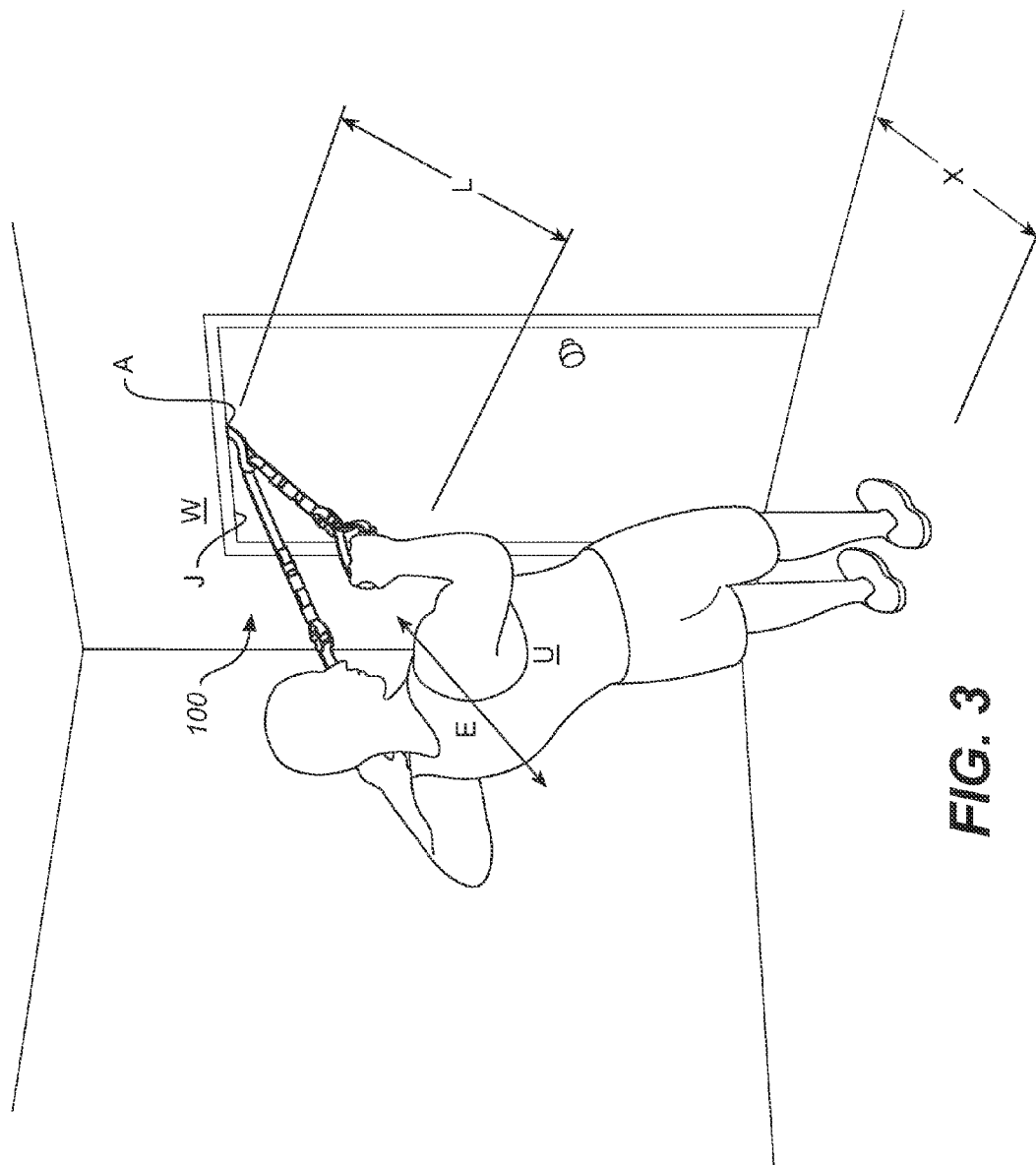


FIG. 3

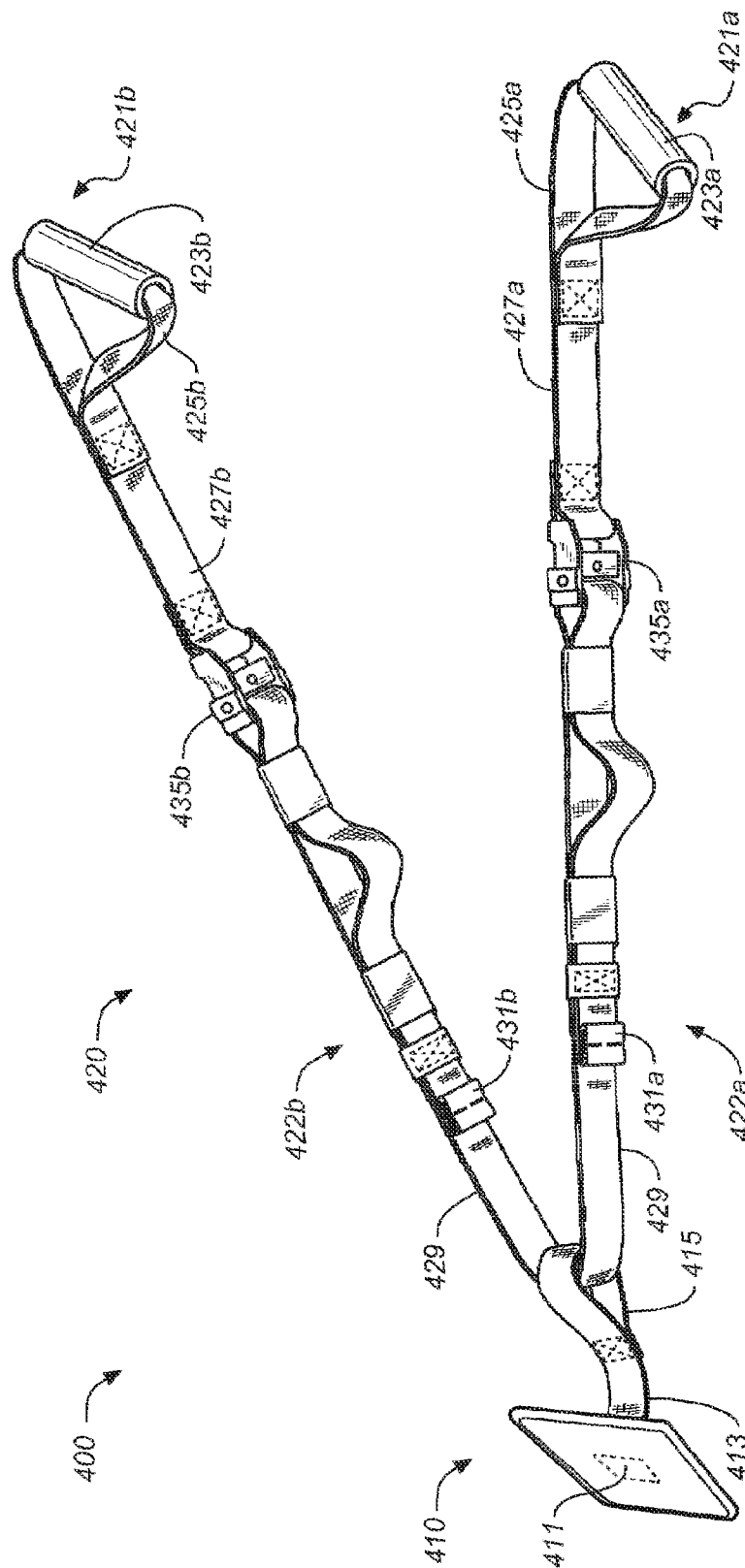


FIG. 4

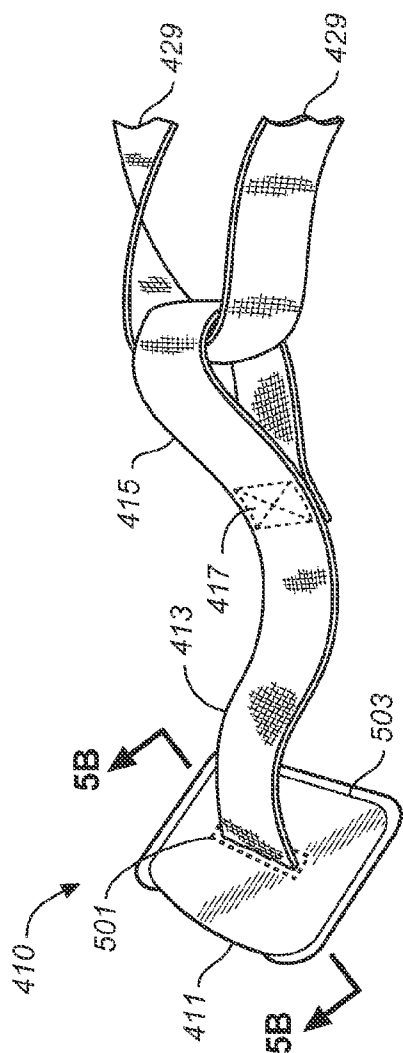


FIG. 5A

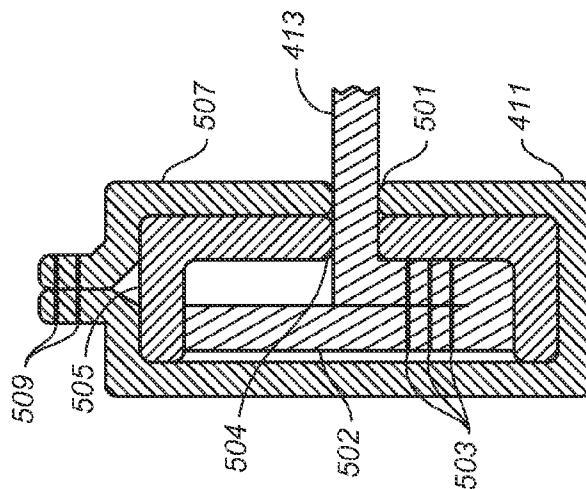


FIG. 5B

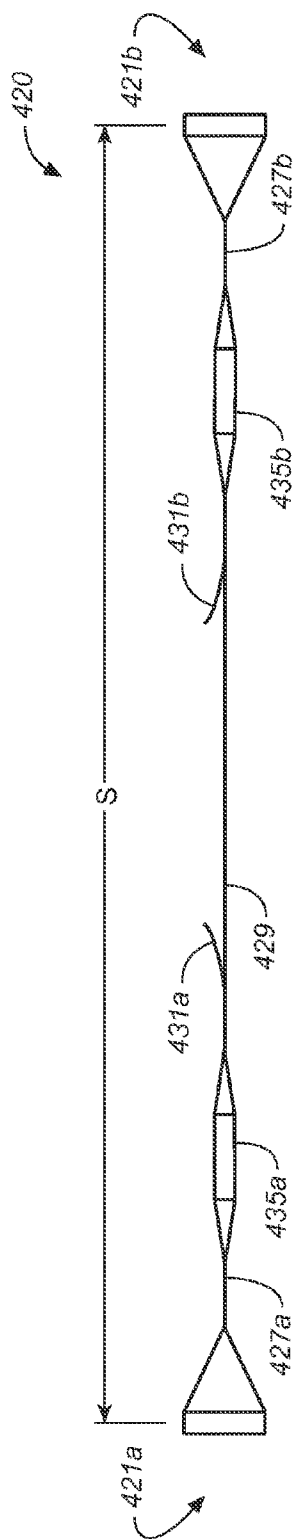


FIG. 6

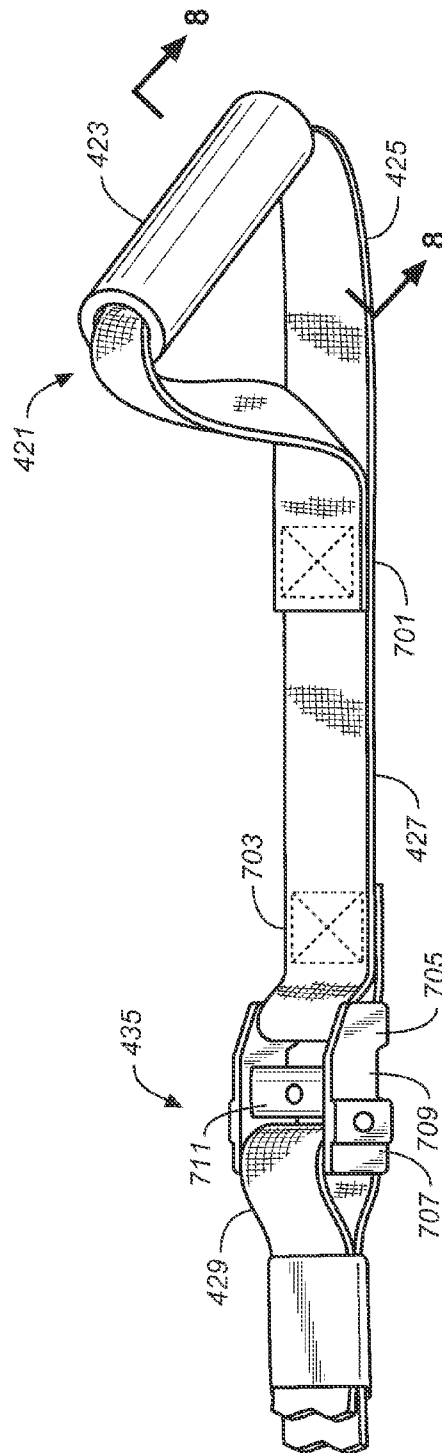


FIG. 7

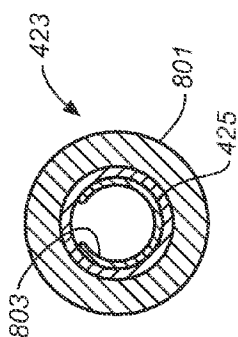


FIG. 8

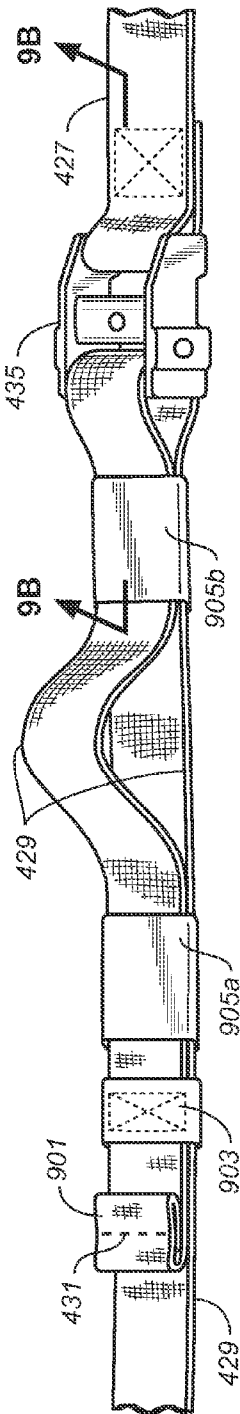


FIG. 9A

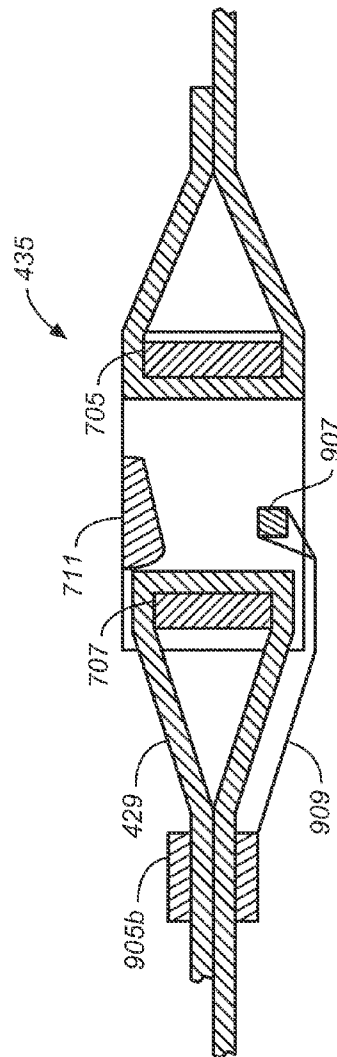


FIG. 9B

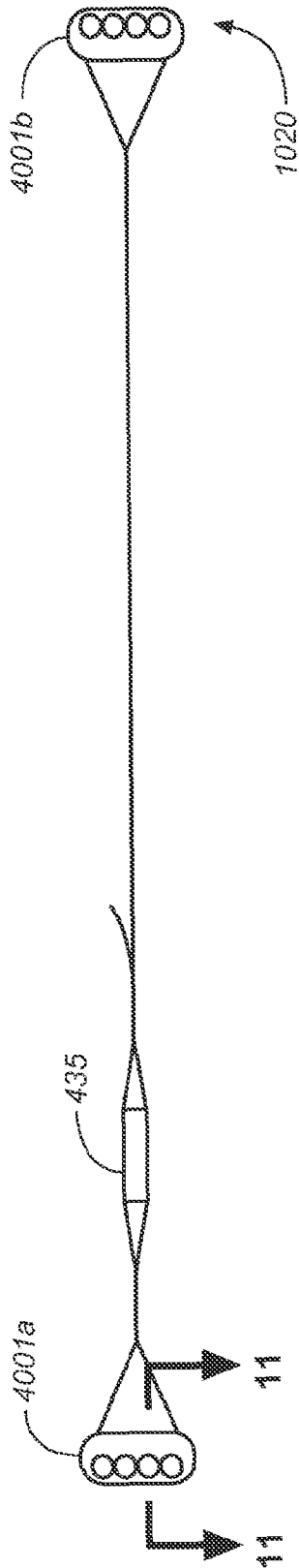


FIG. 10

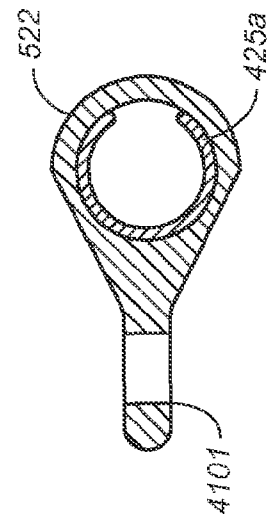


FIG. 11

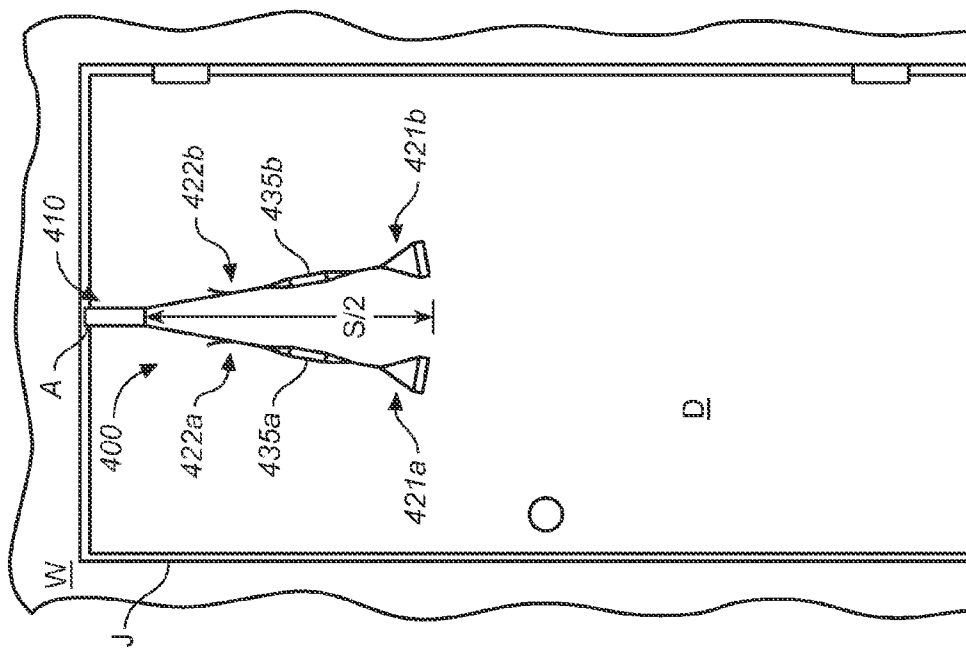


FIG. 12A

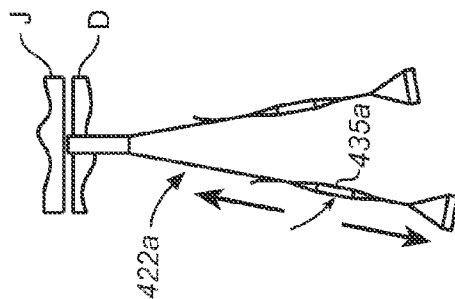


FIG. 12B

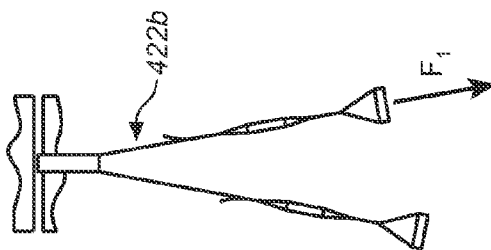


FIG. 12C

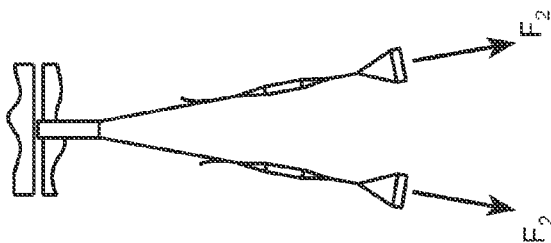


FIG. 12D

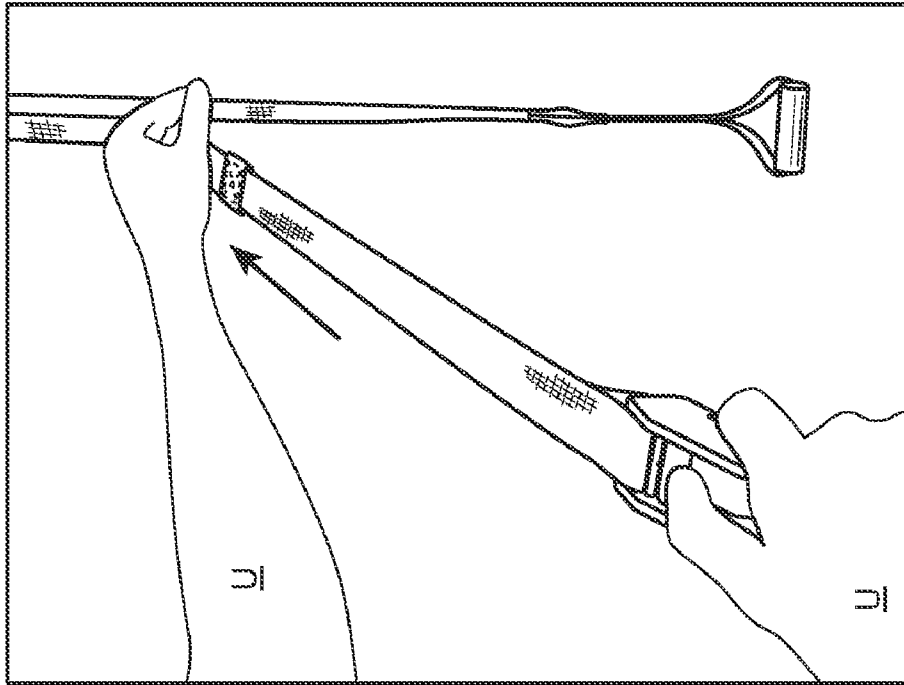


FIG. 12B''

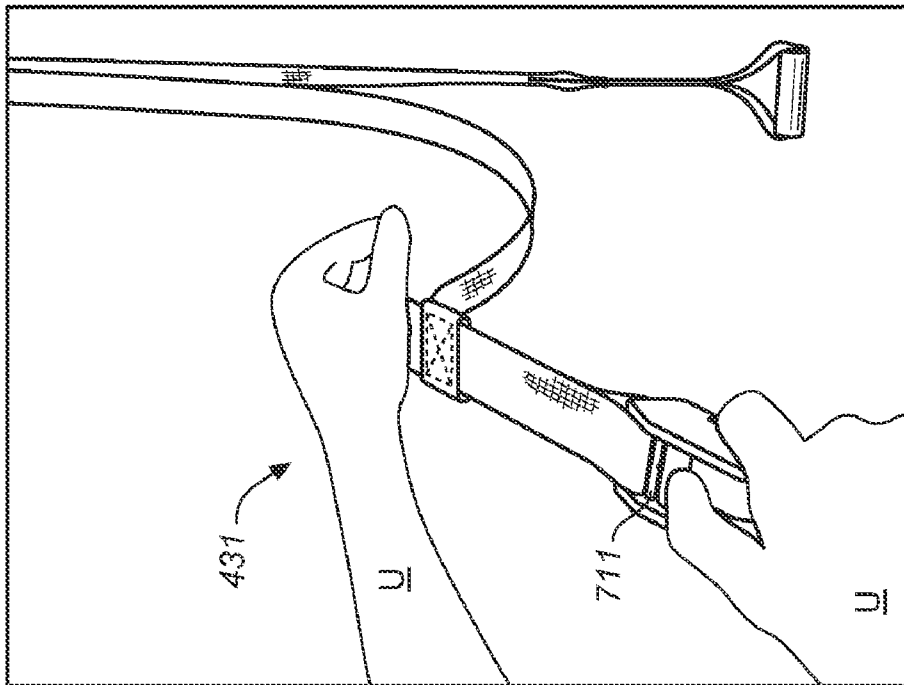


FIG. 12B'

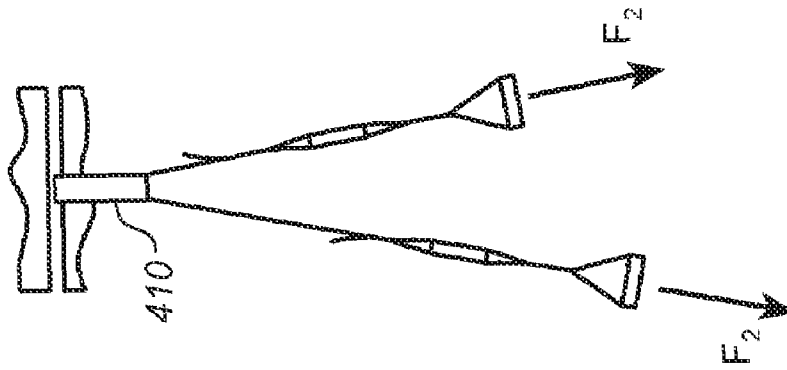
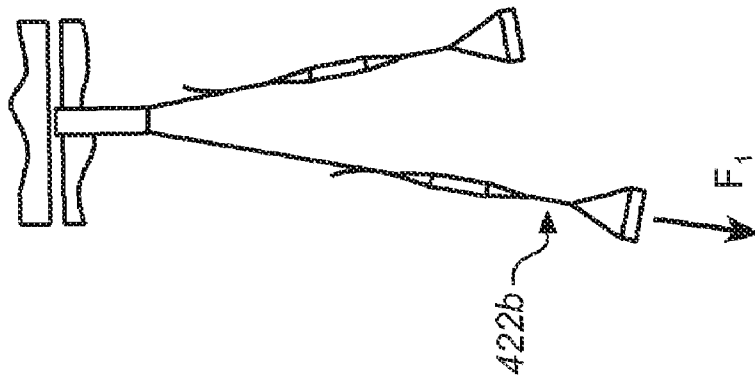
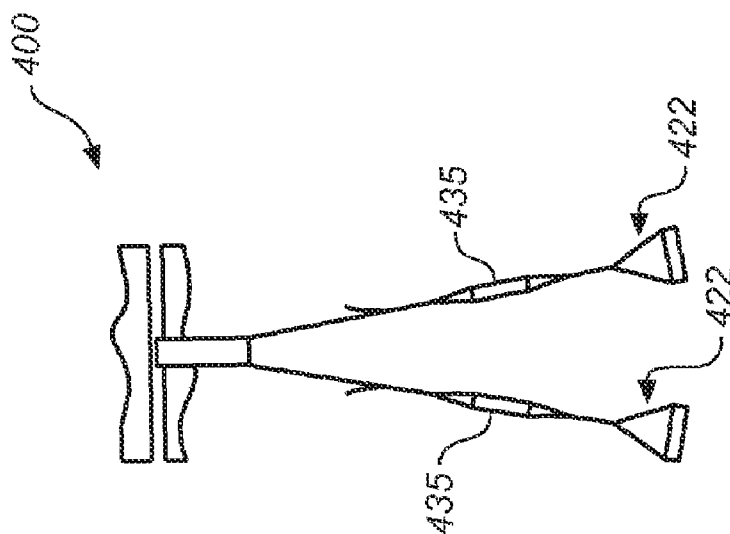


FIG. 13A

FIG. 13B

FIG. 13C

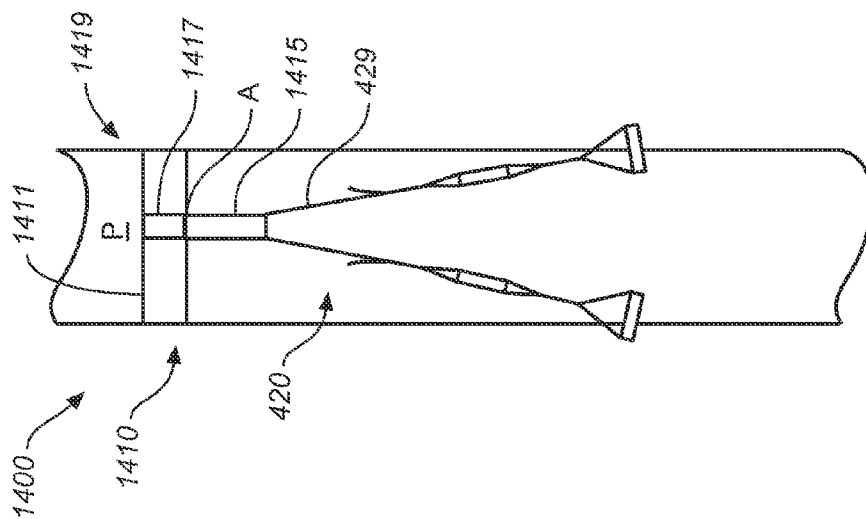


FIG. 14B

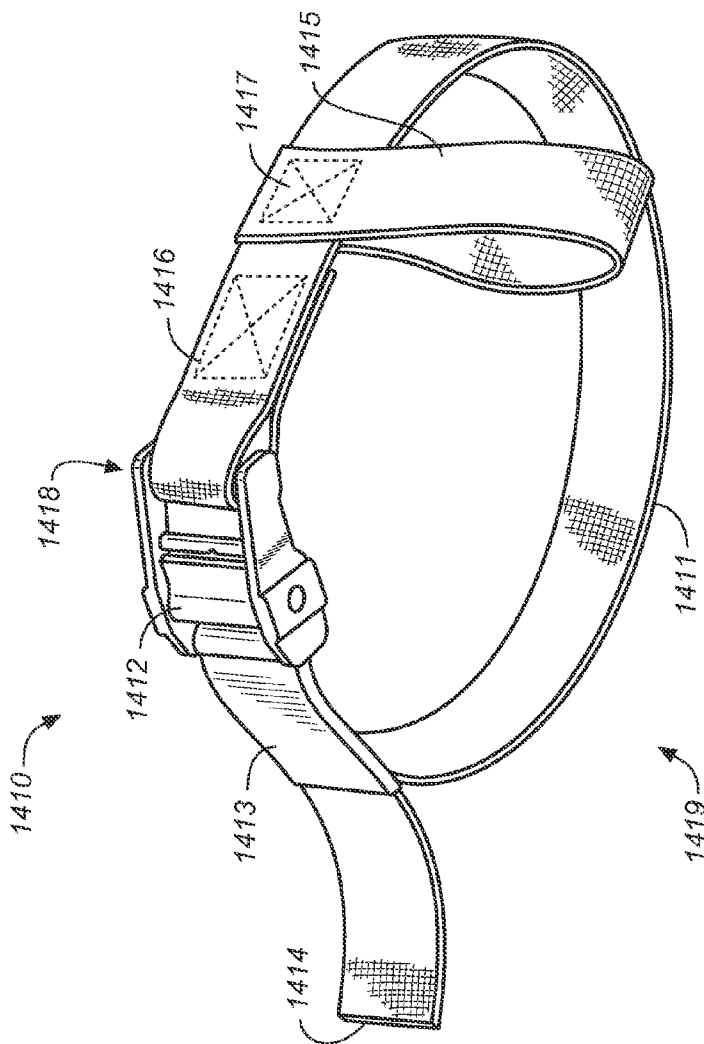


FIG. 14A

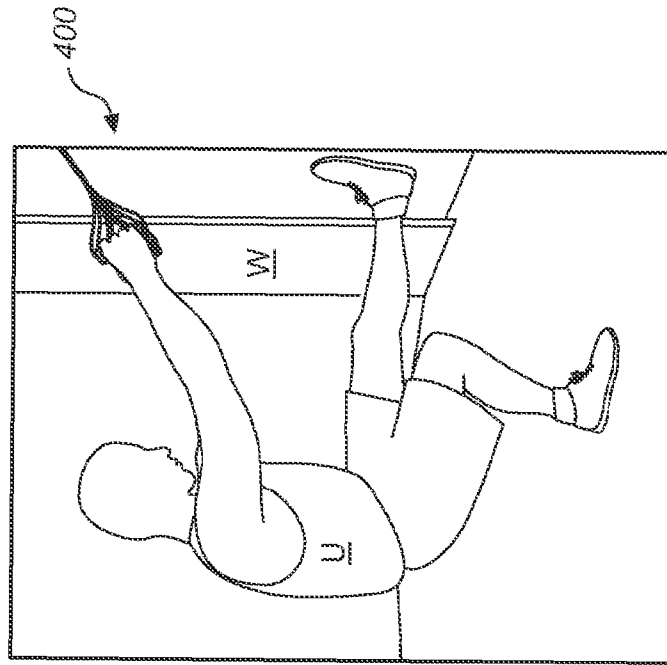


FIG. 15B

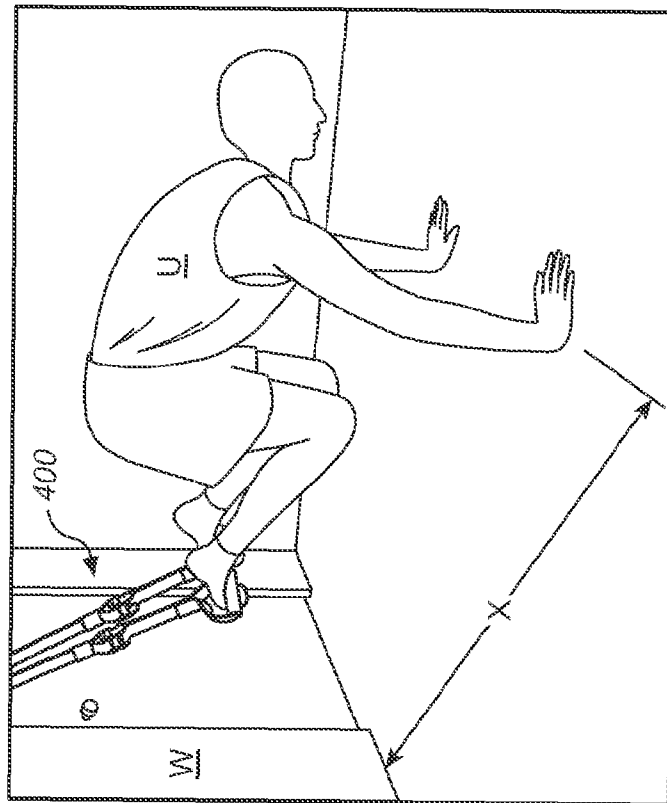


FIG. 15A

FIG. 15E

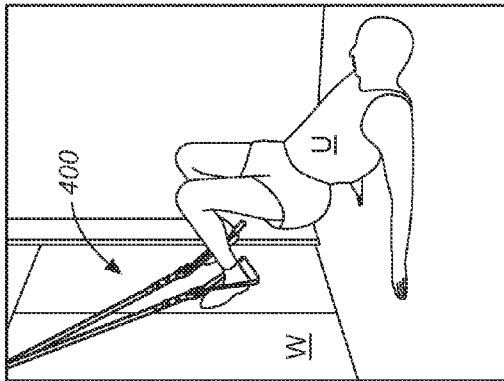


FIG. 15F

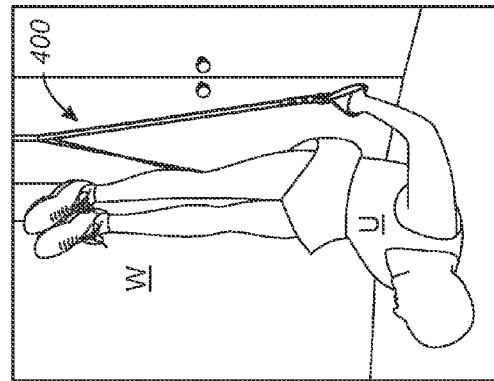


FIG. 15C

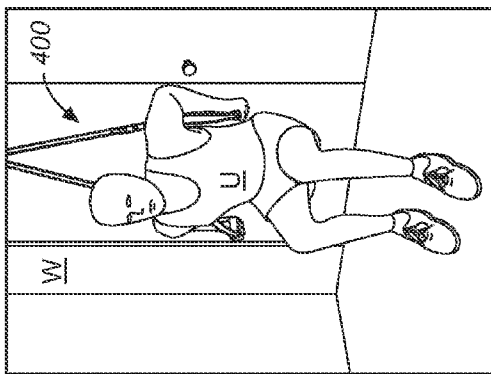
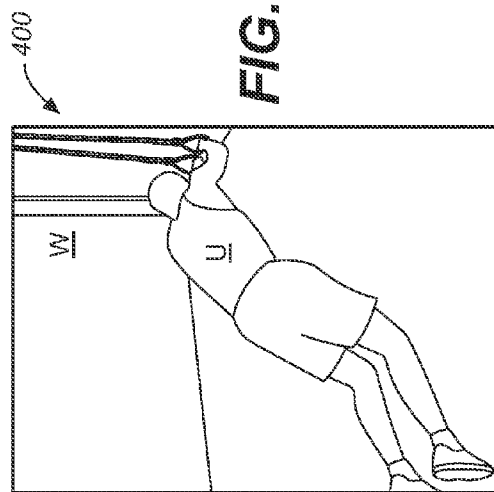


FIG. 15D



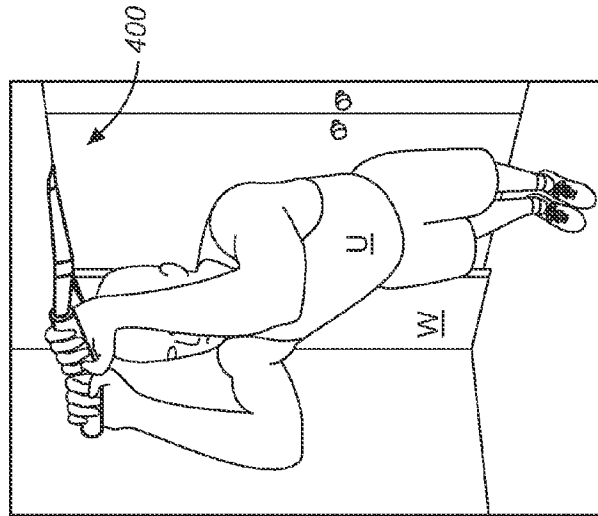


FIG. 15I

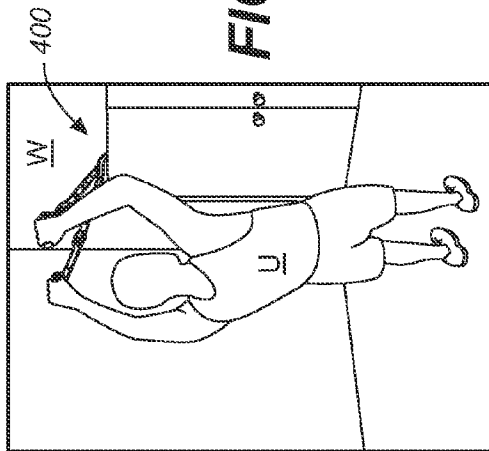


FIG. 15G

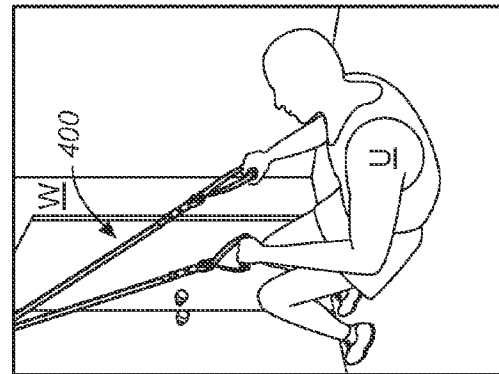


FIG. 15H

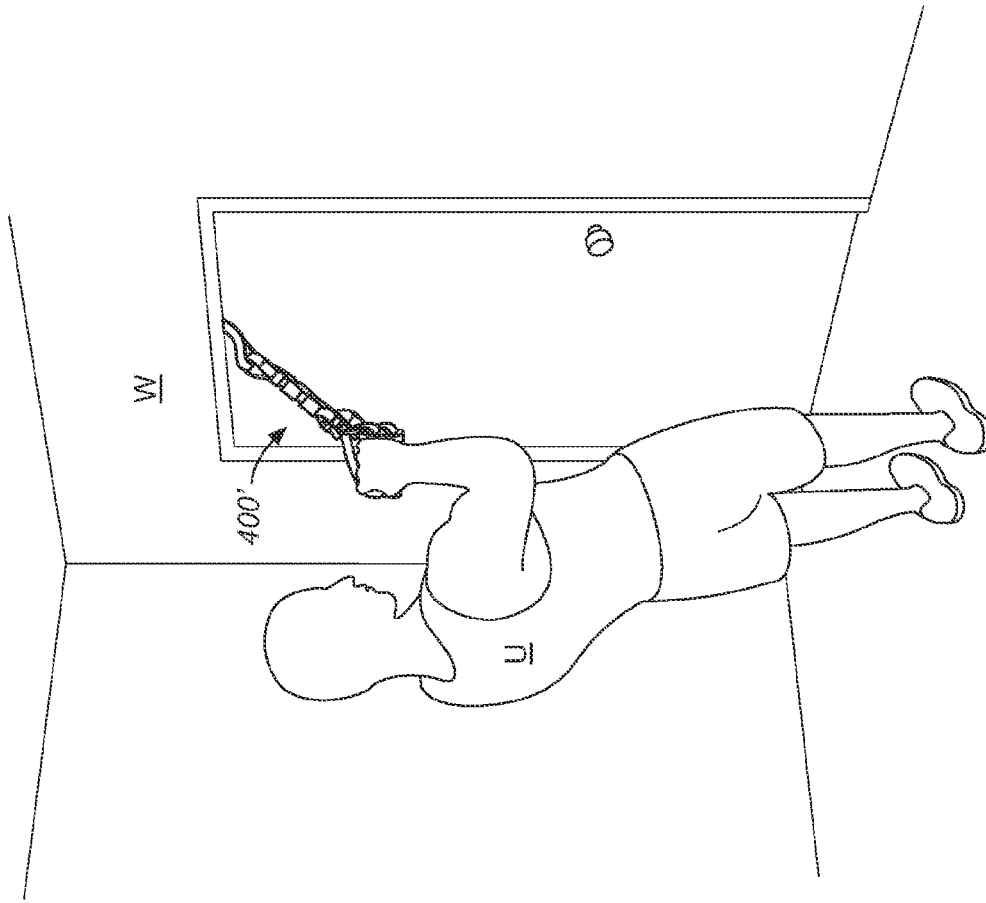


FIG. 16B

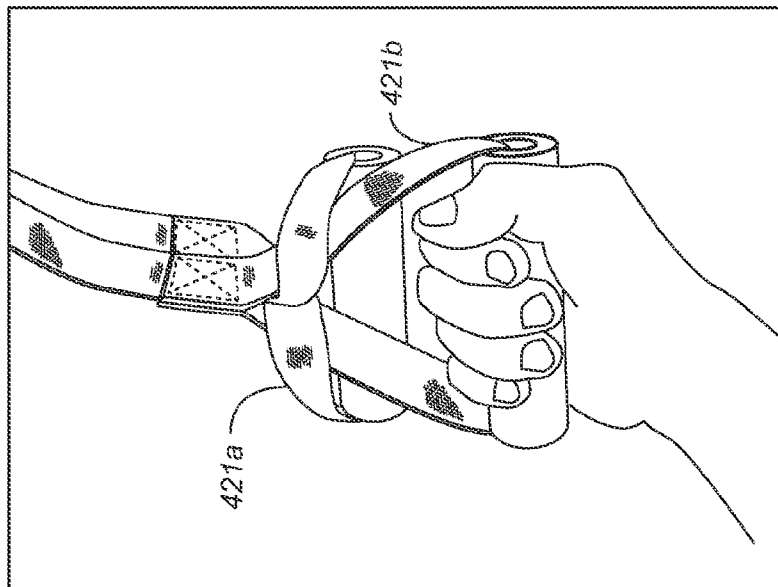


FIG. 16A

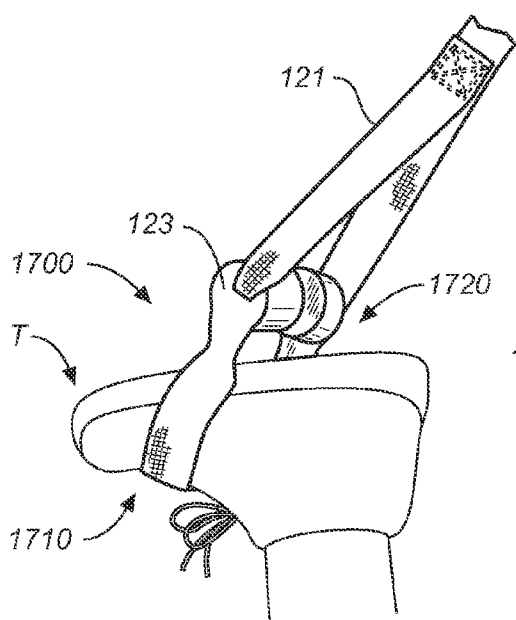


FIG. 17A

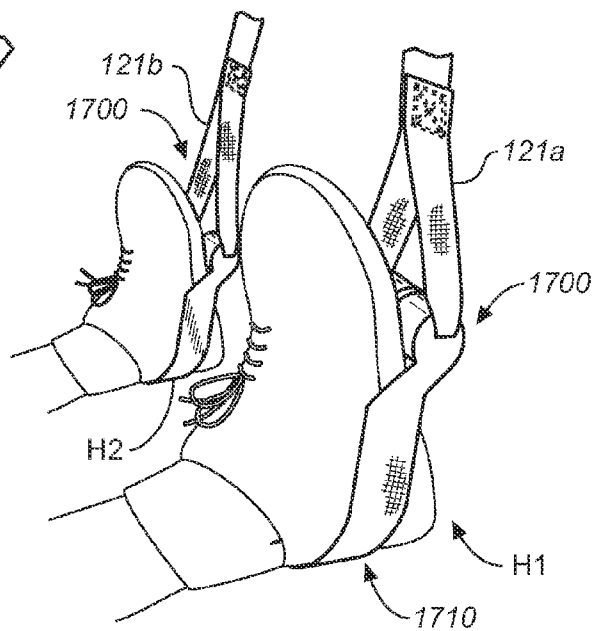


FIG. 17B

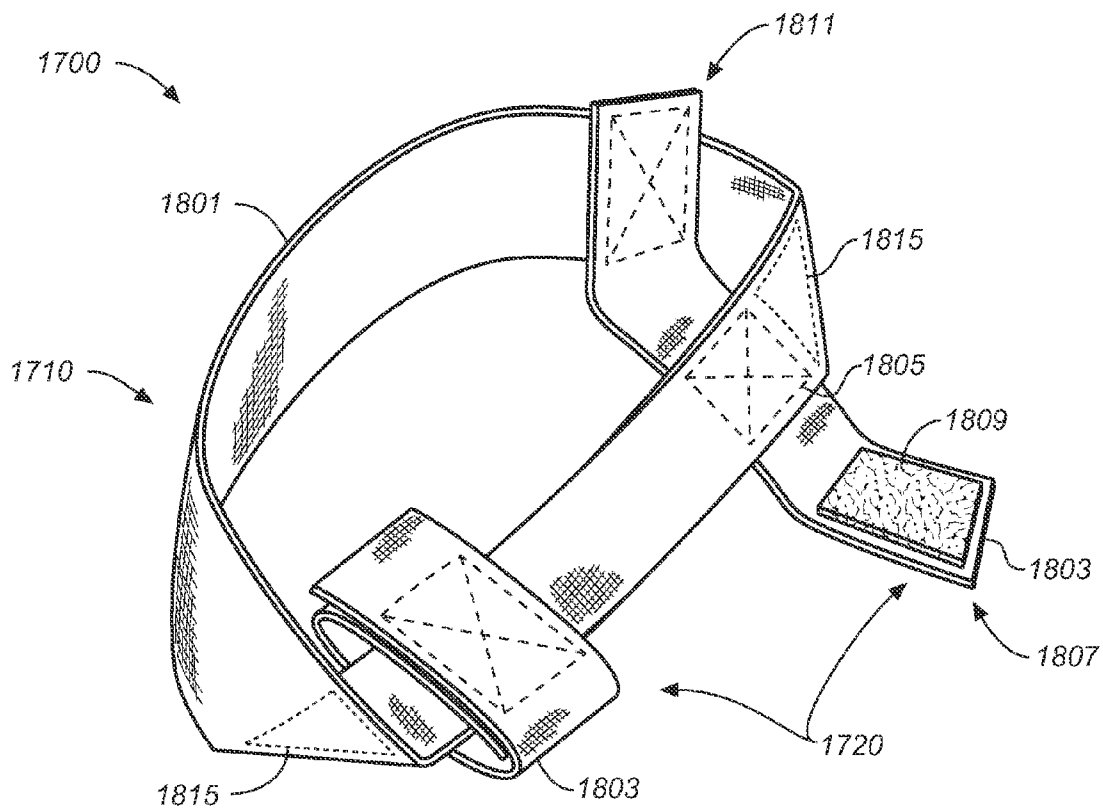


FIG. 18A

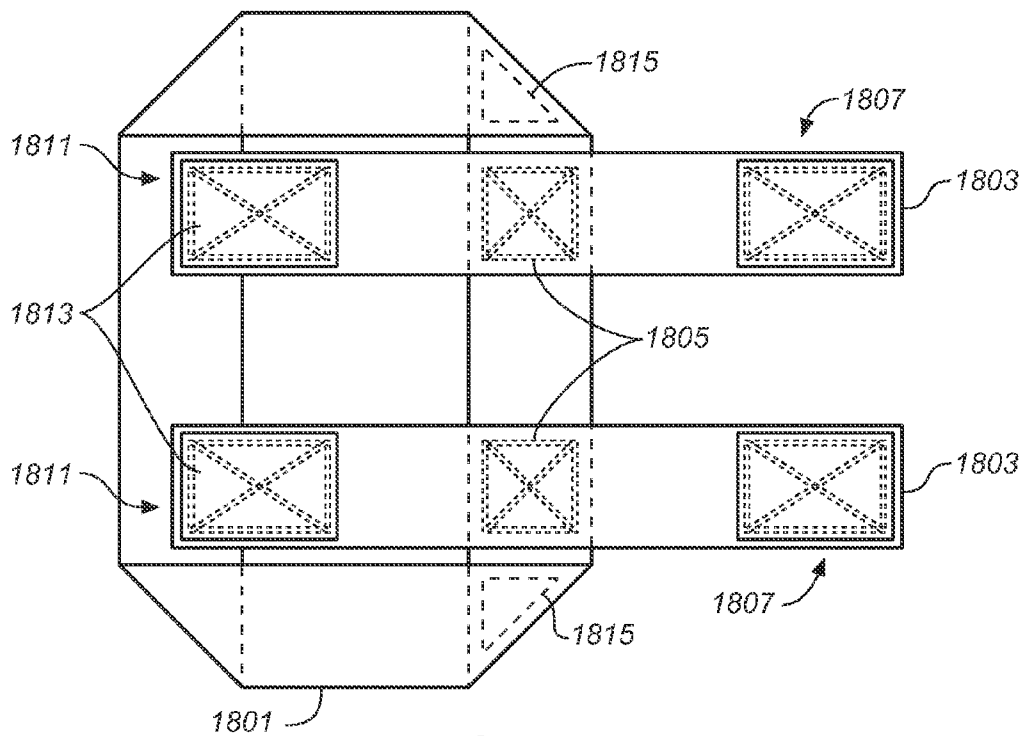


FIG. 18B

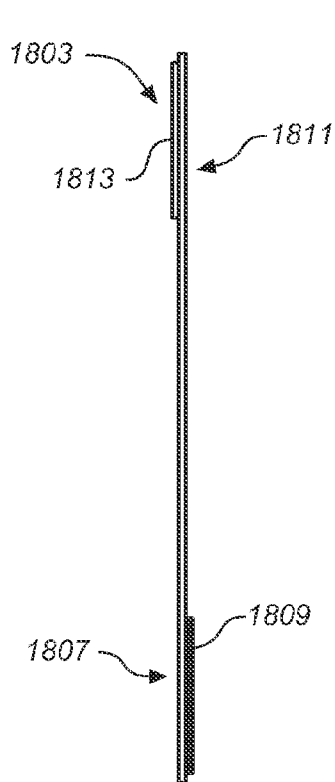


FIG. 18C

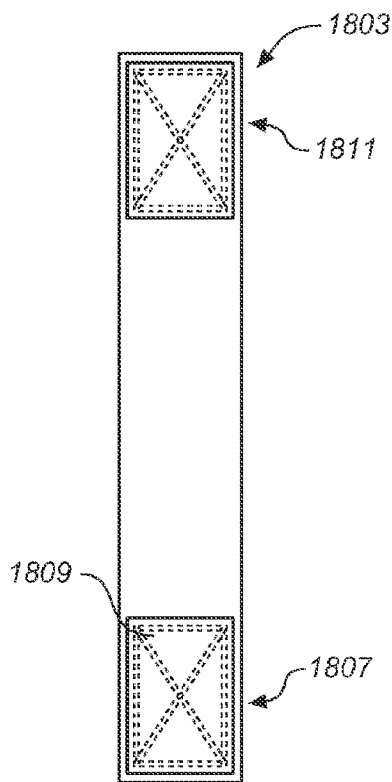


FIG. 18D

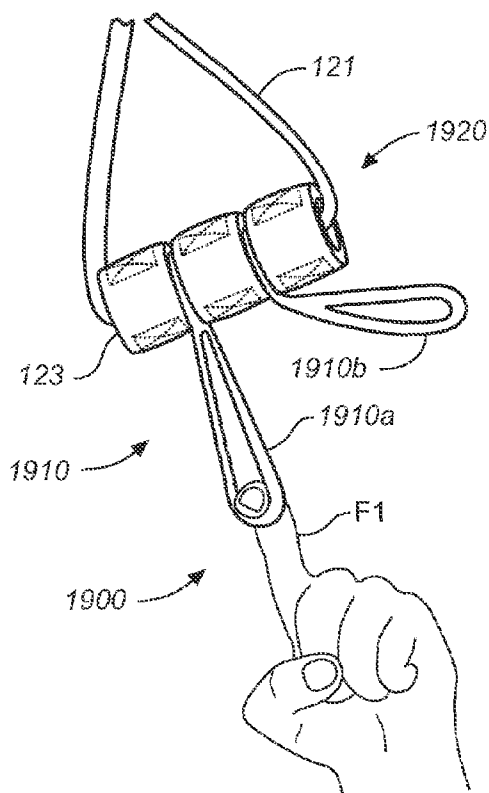


FIG. 19A

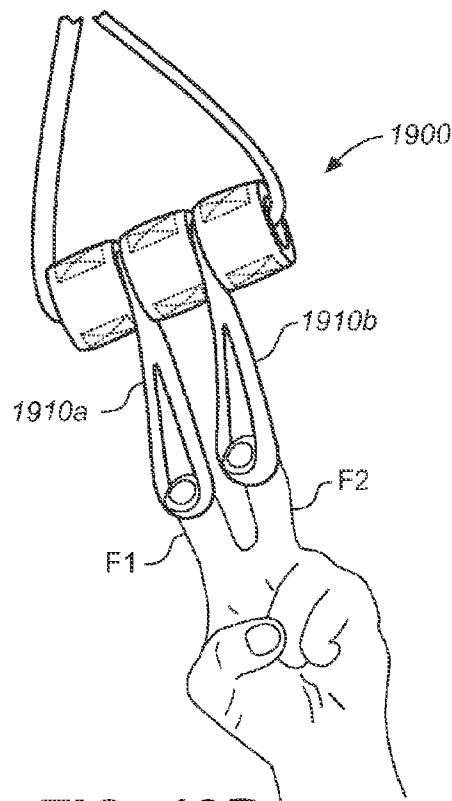


FIG. 19B

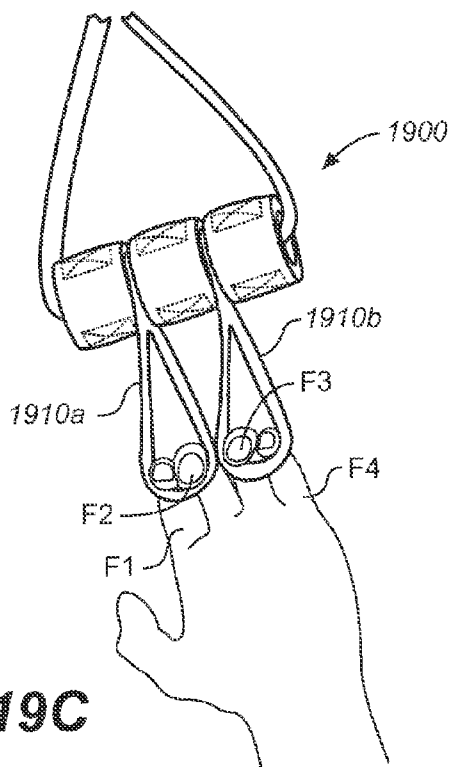


FIG. 19C

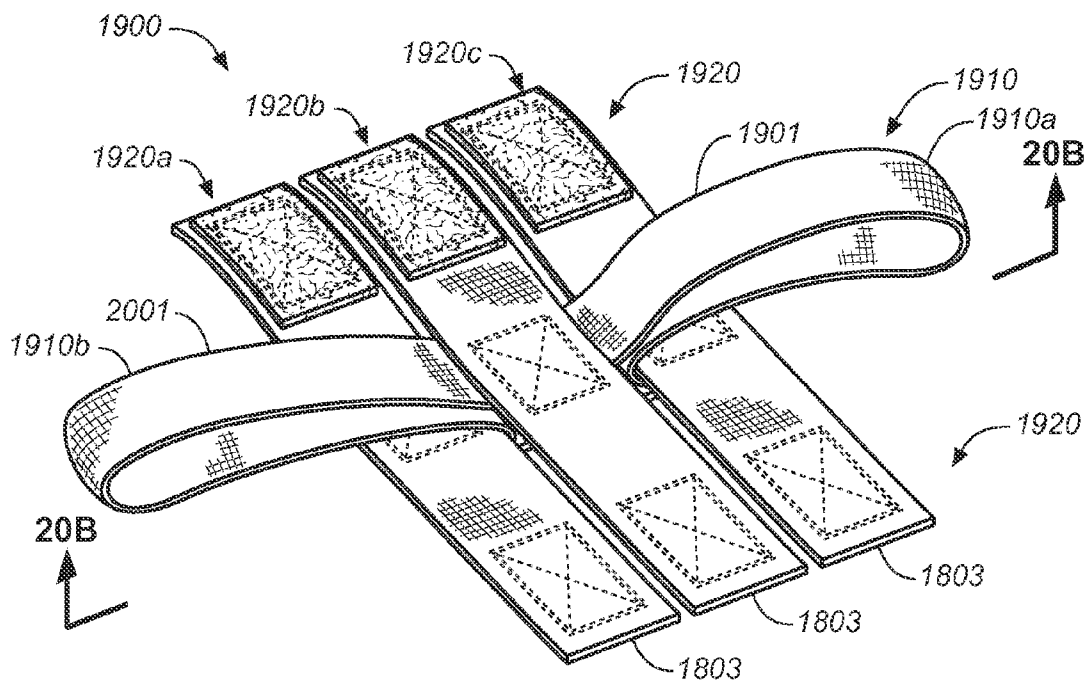


FIG. 20A

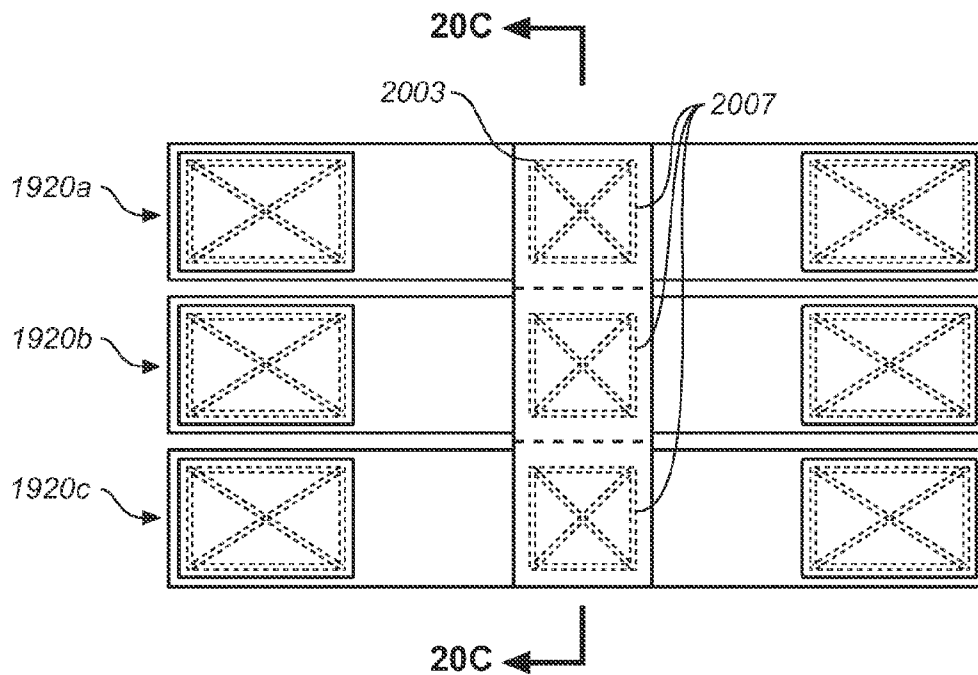


FIG. 20B

FIG. 20C

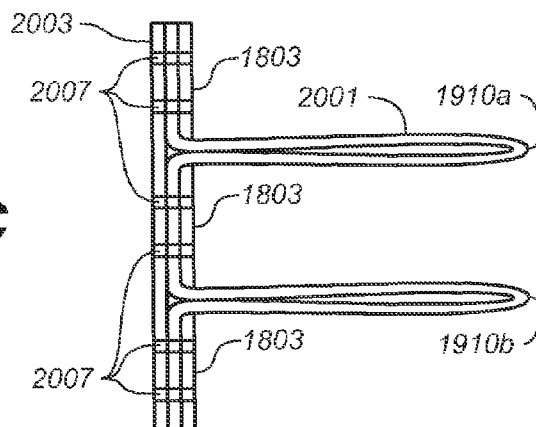


FIG. 21A

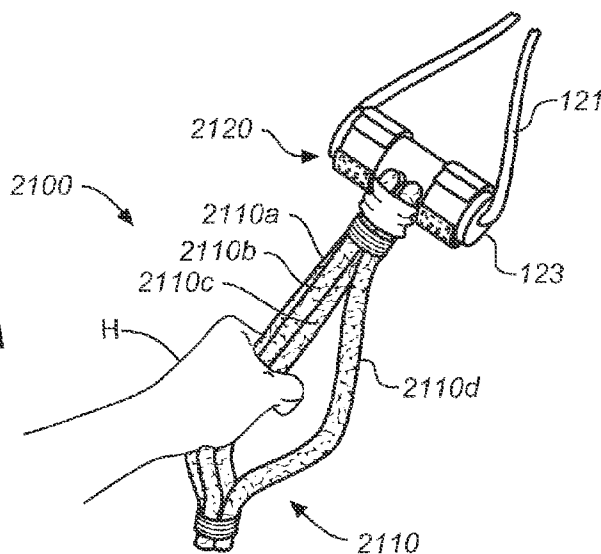


FIG. 21B

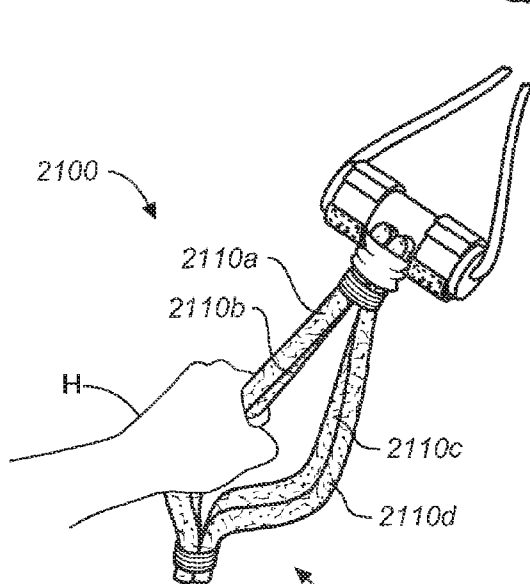


FIG. 21B

FIG. 21C

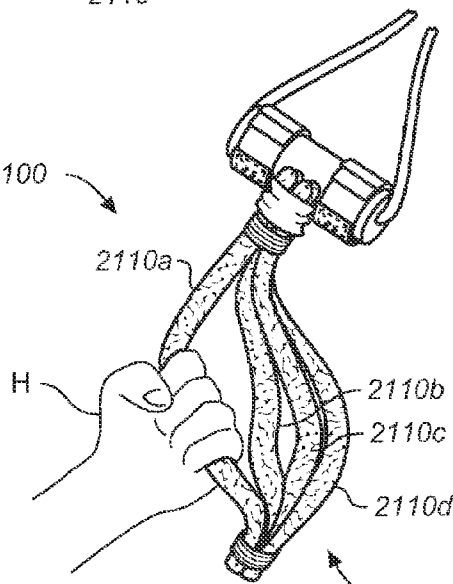
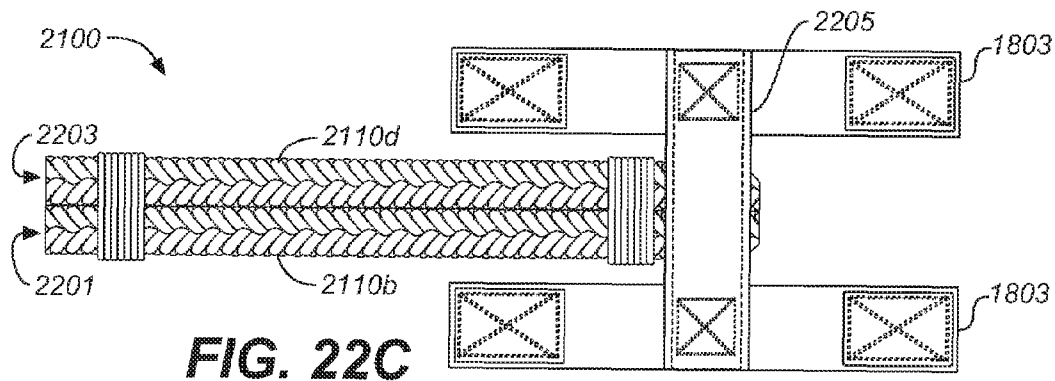
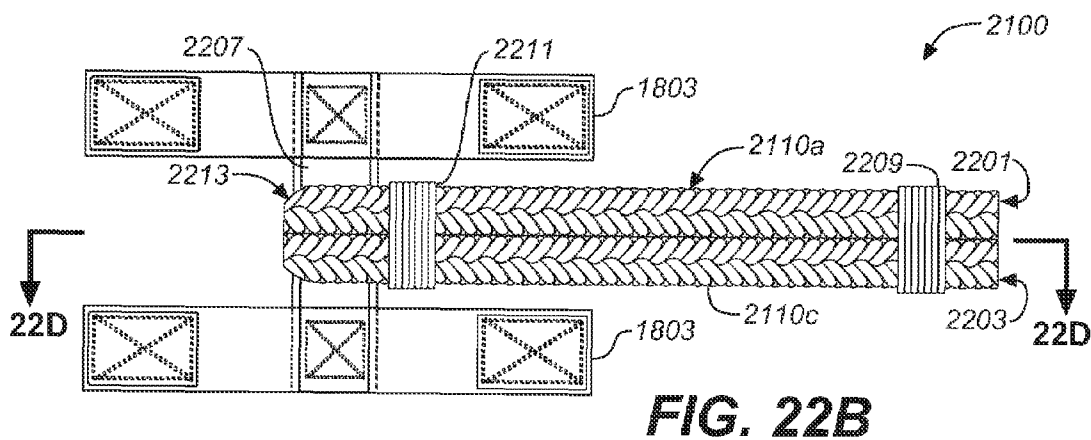
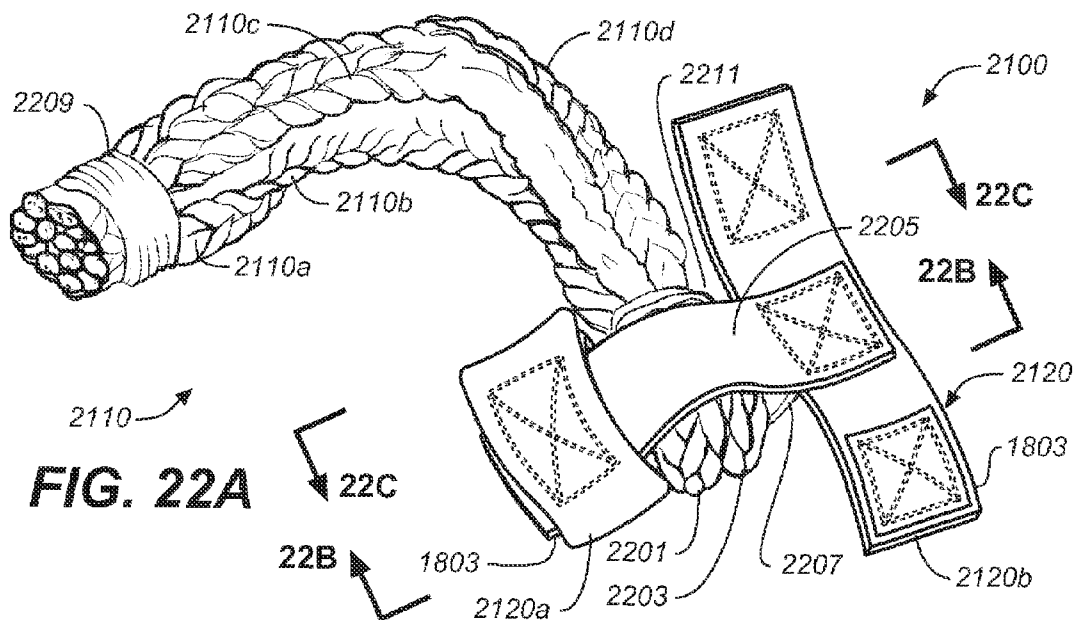


FIG. 21C



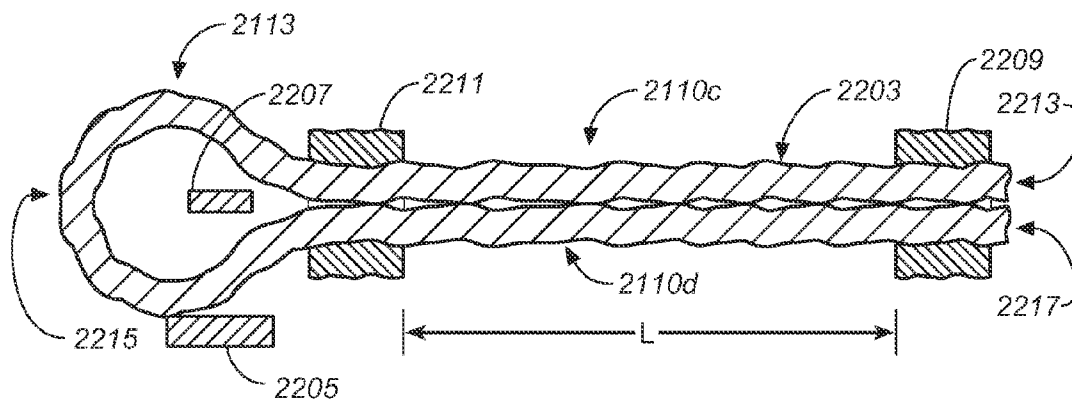


FIG. 22D

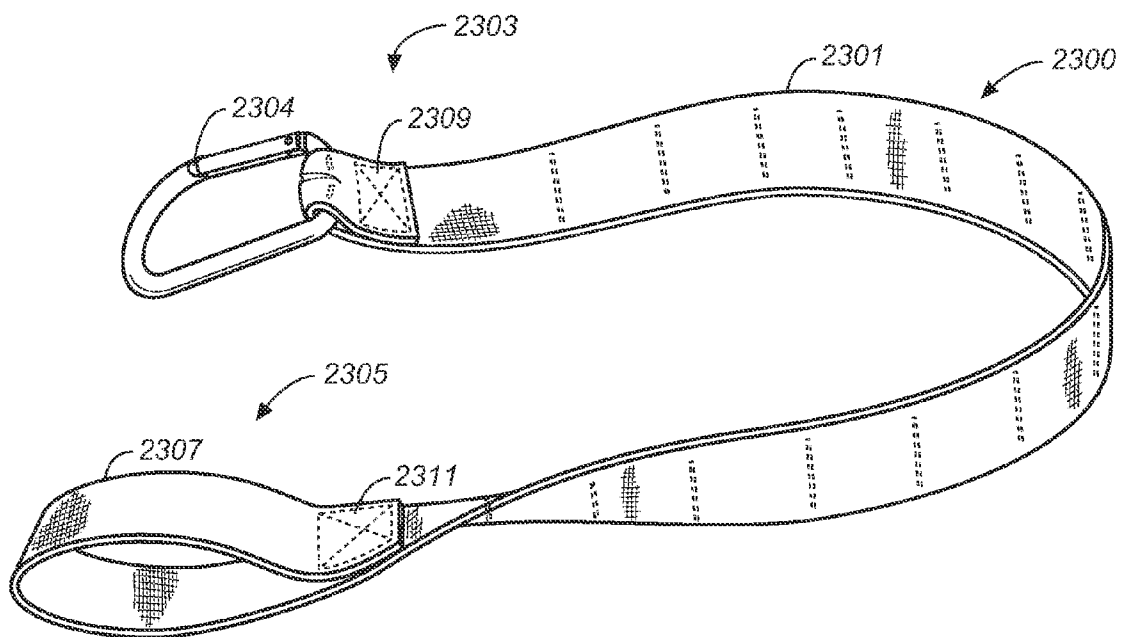


FIG. 23

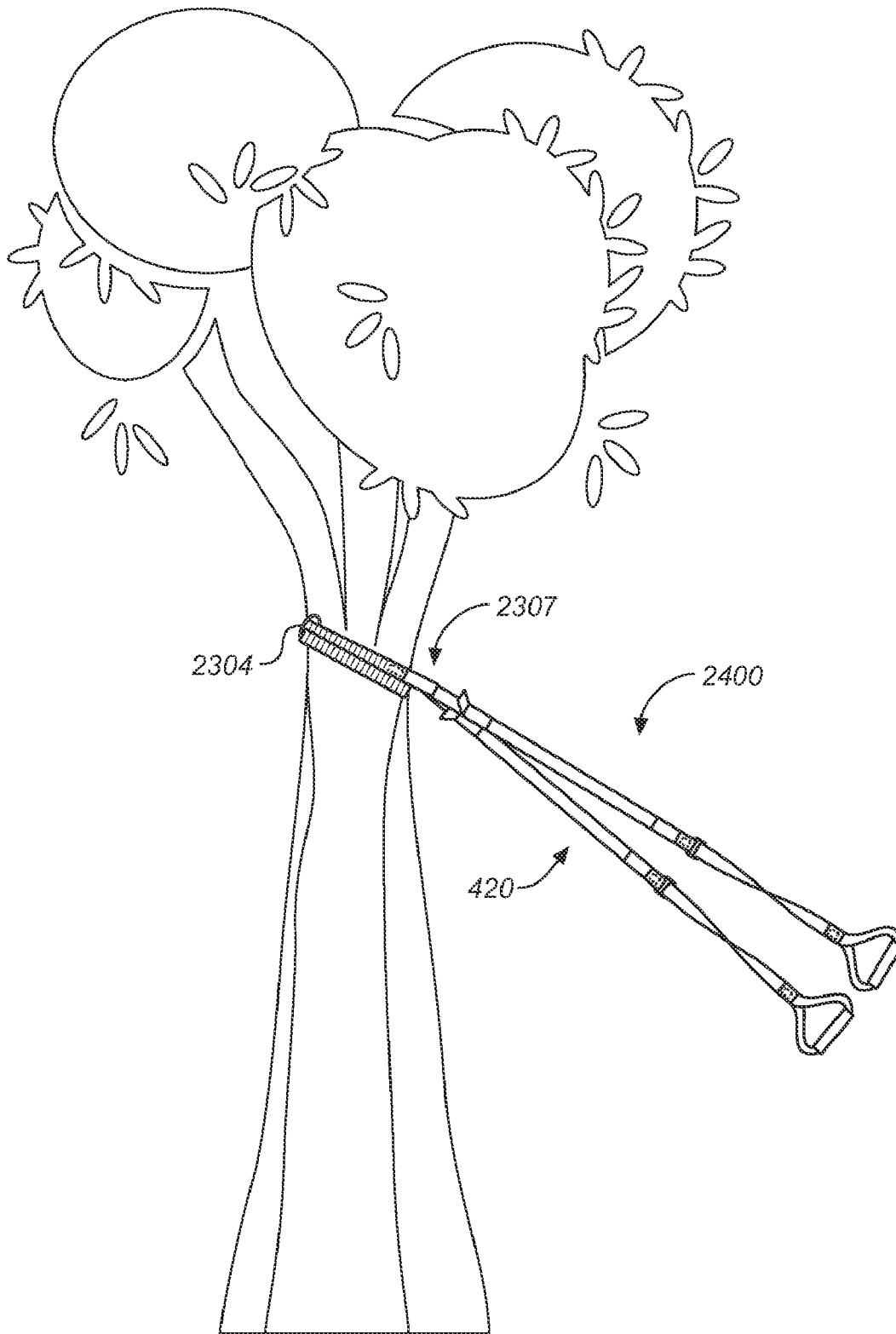


FIG. 24

FIG. 25

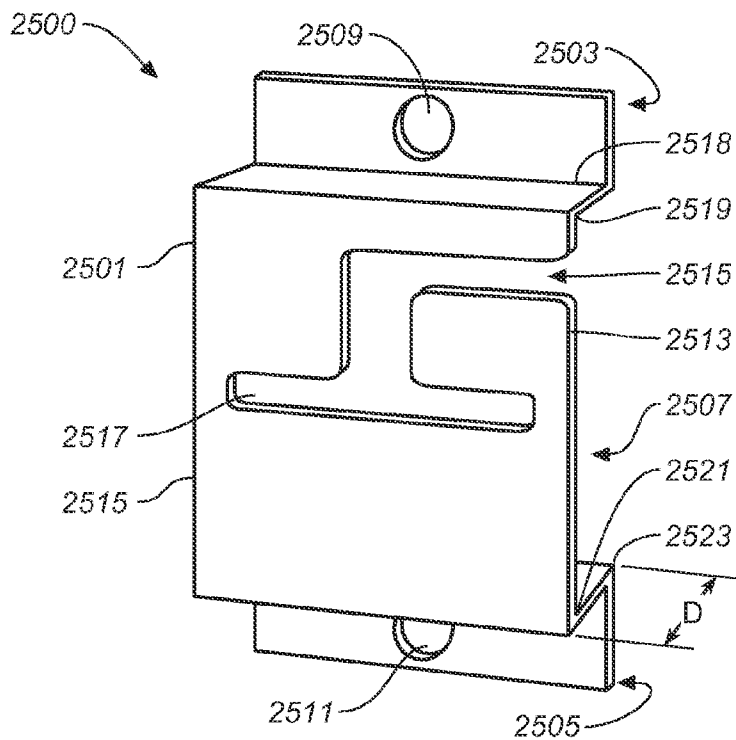
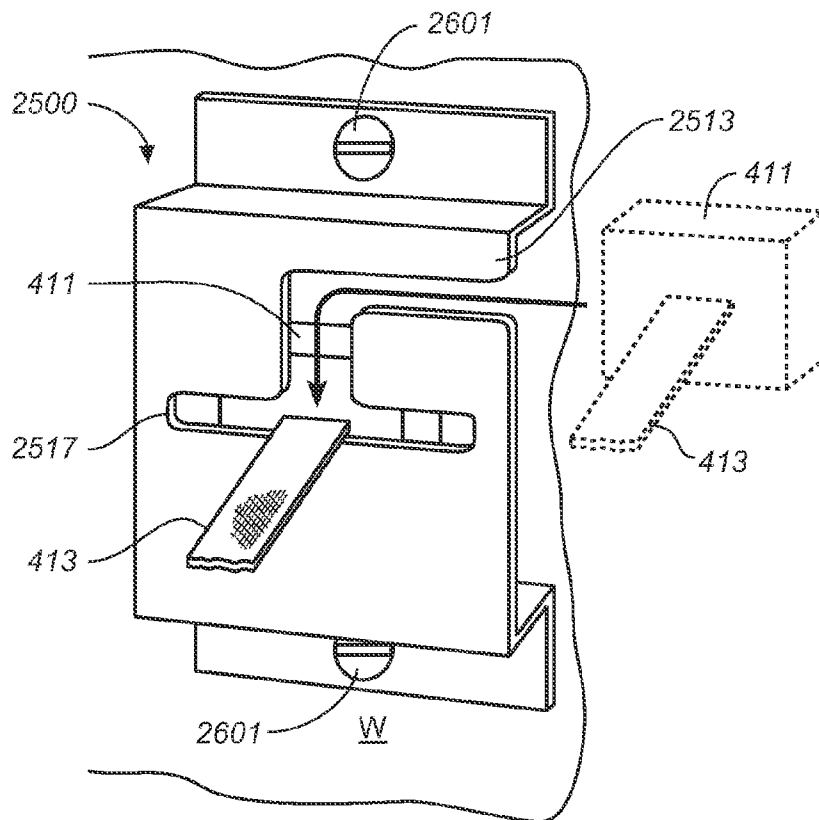


FIG. 26



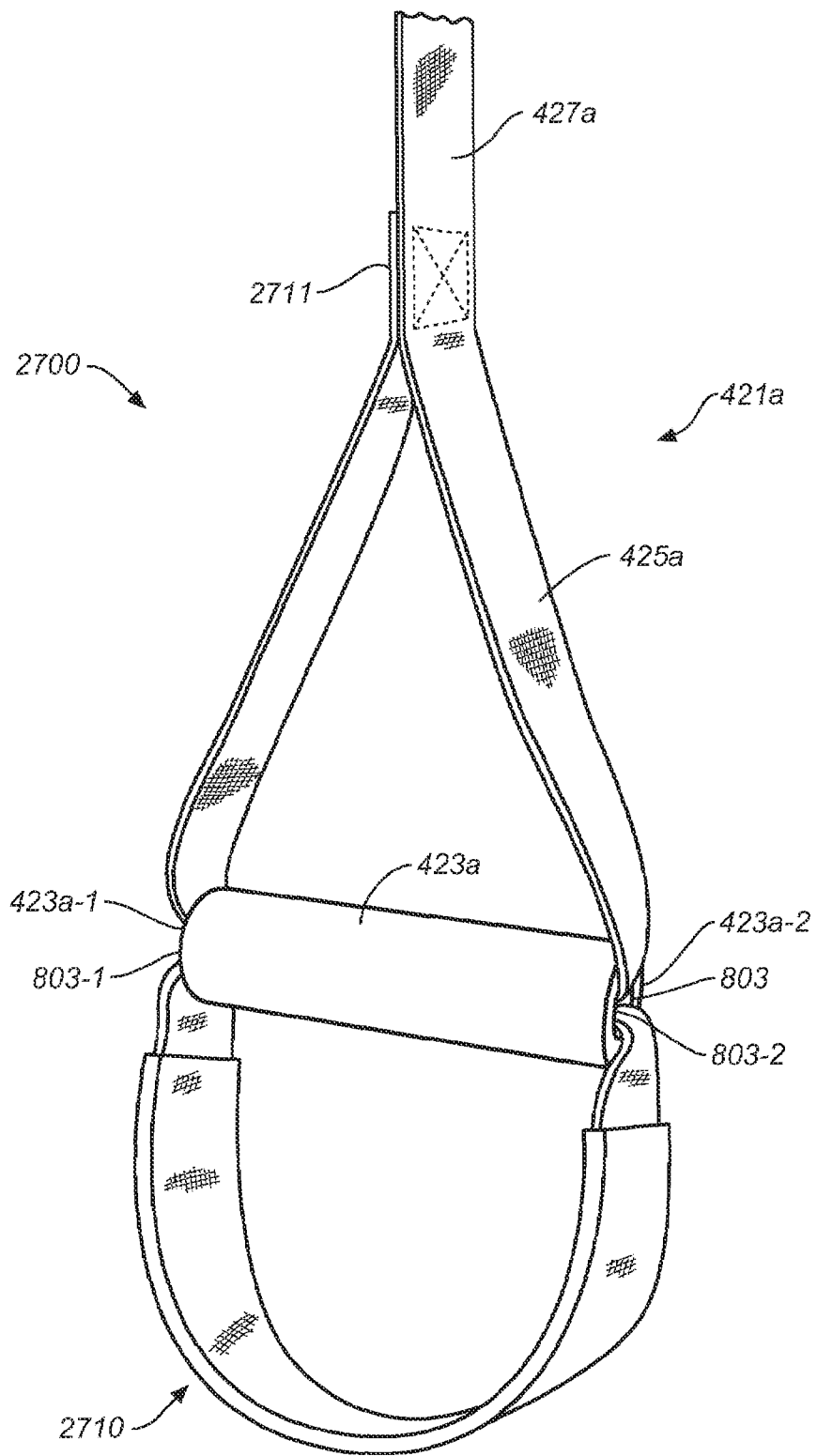


FIG. 27

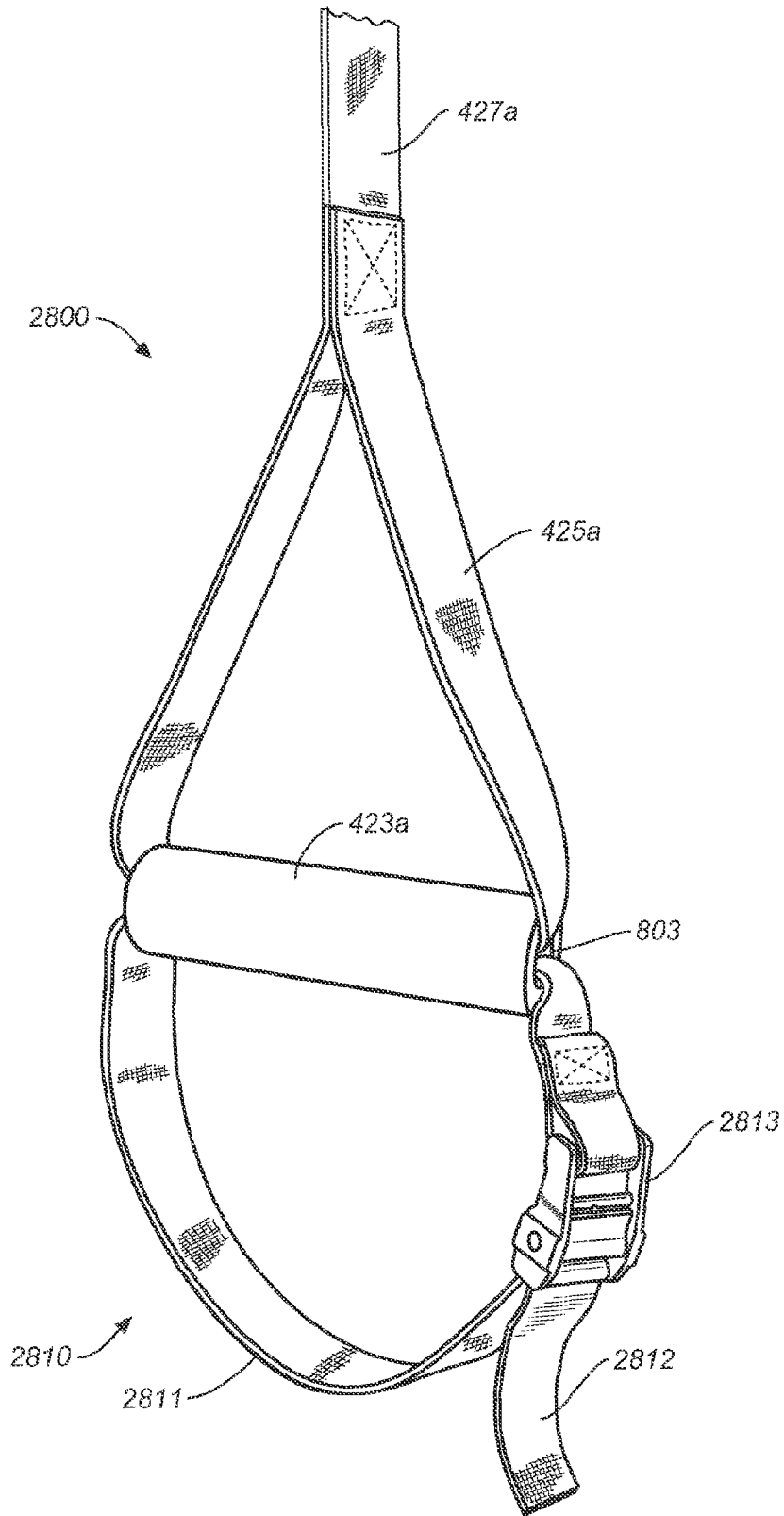


FIG. 28

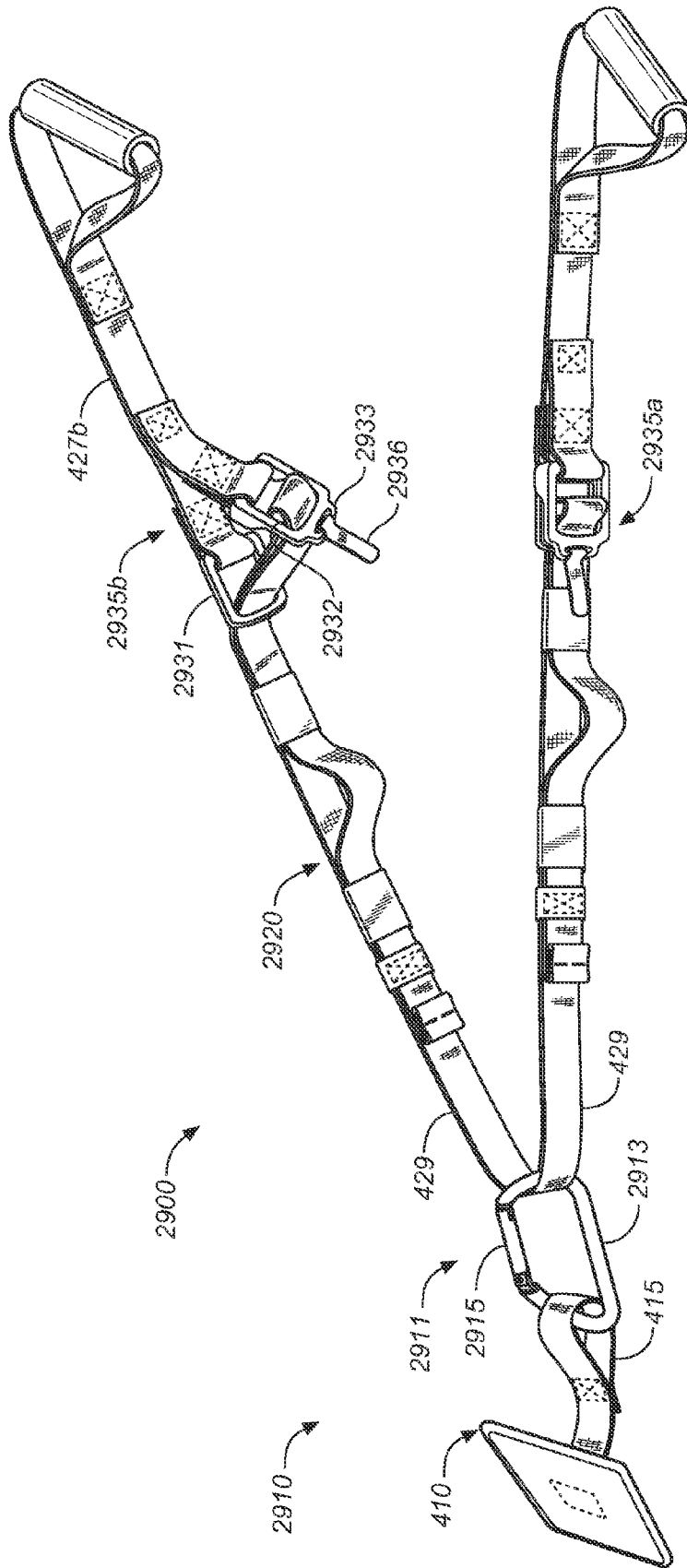


FIG. 29

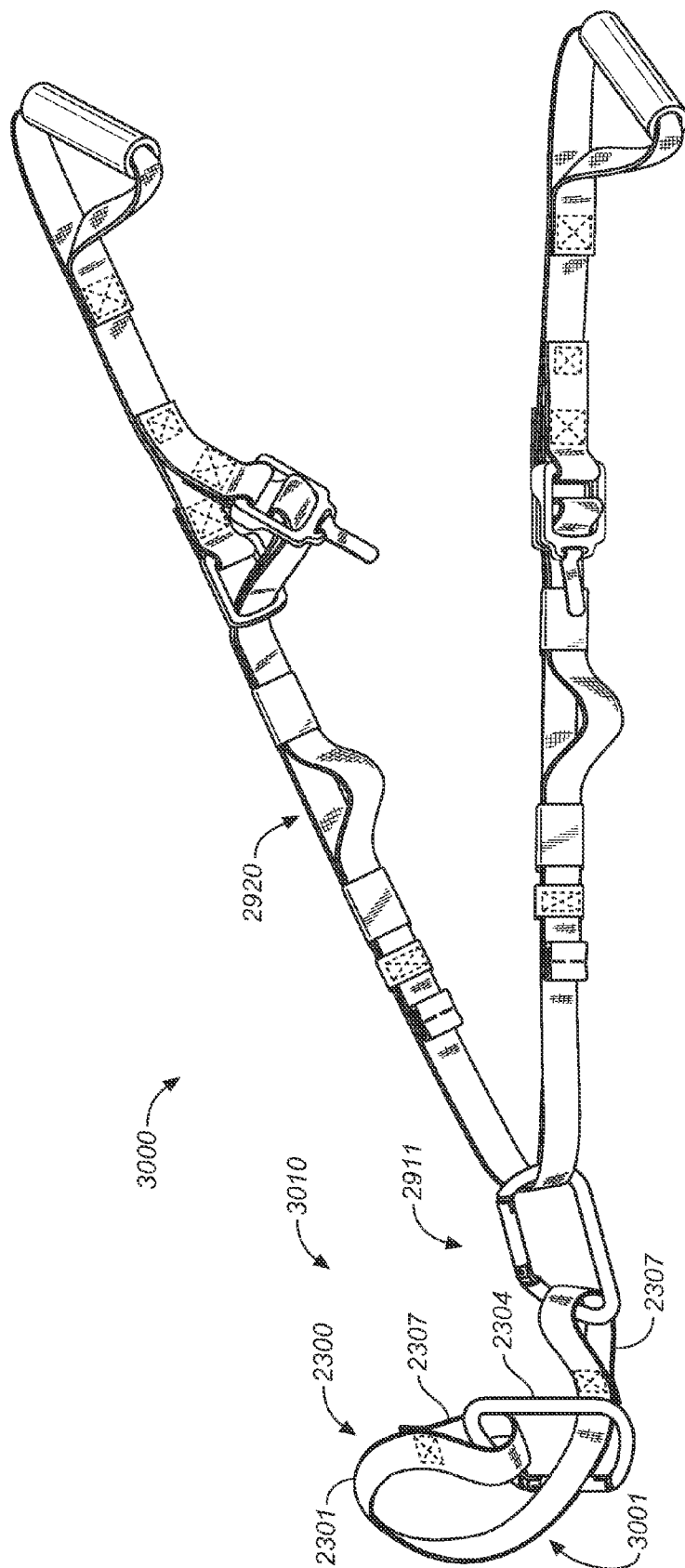


FIG. 30

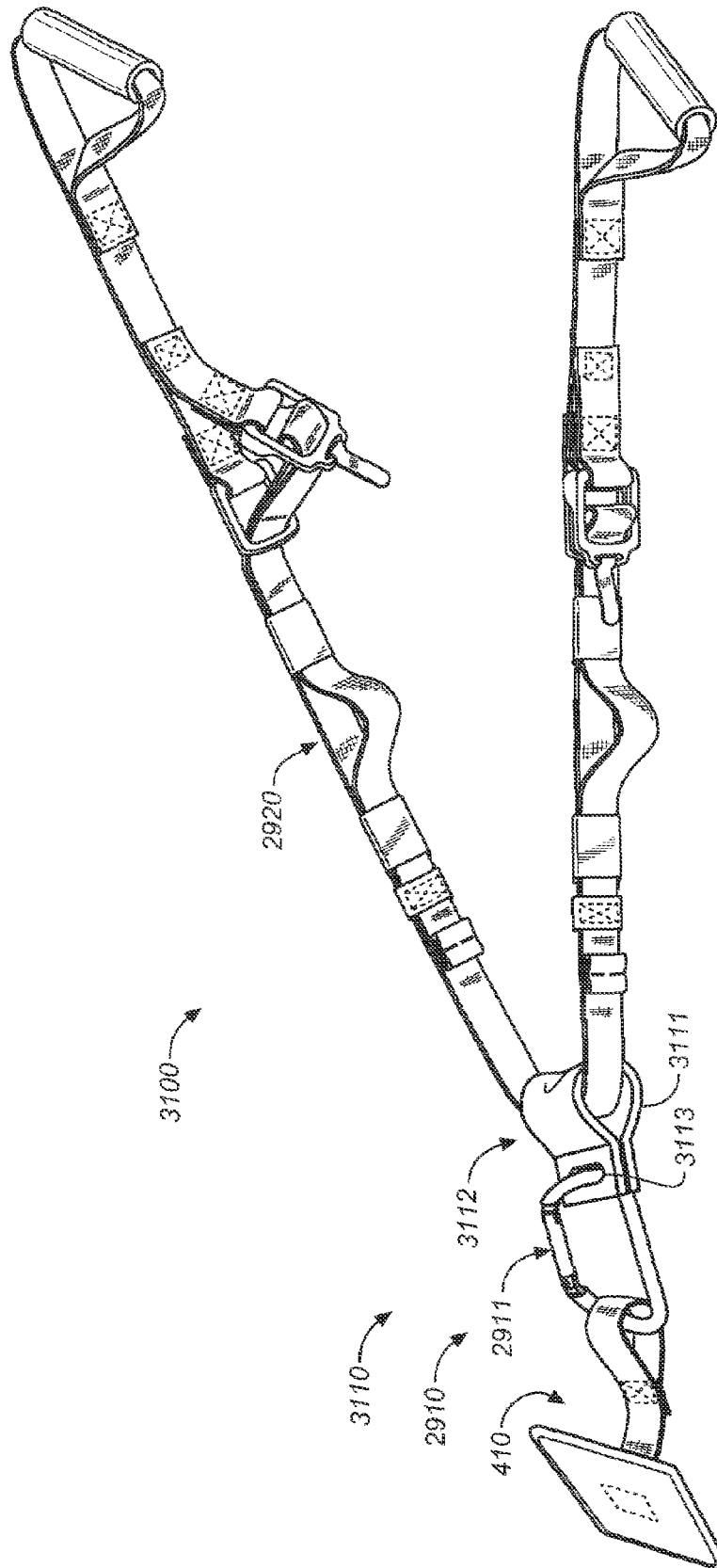


FIG. 31

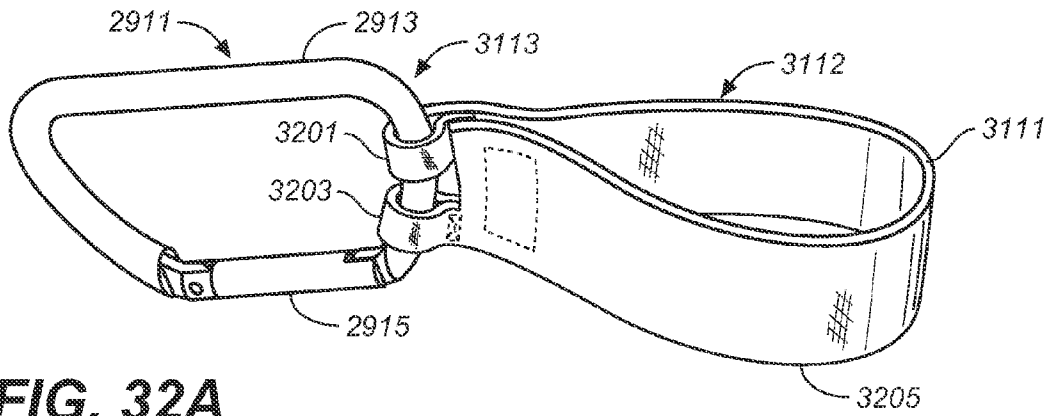


FIG. 32A

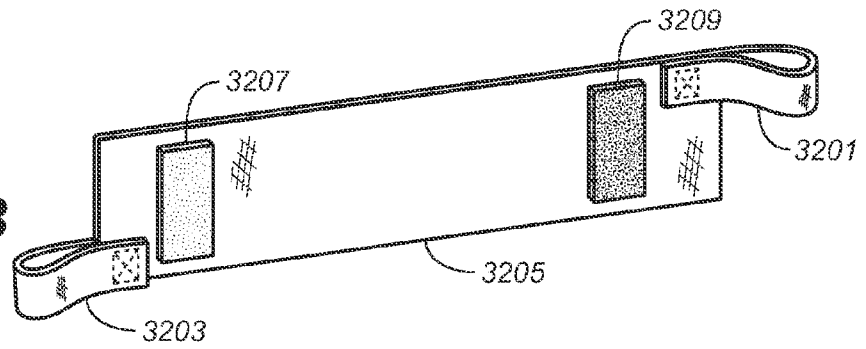


FIG. 32B

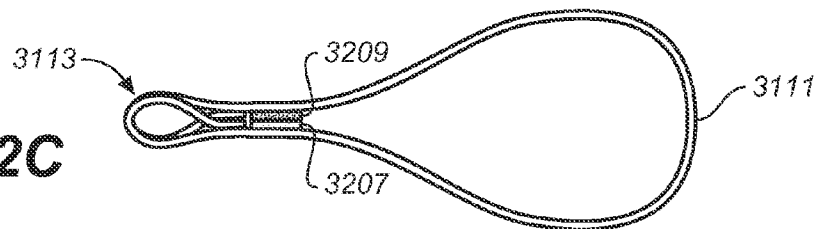


FIG. 32C

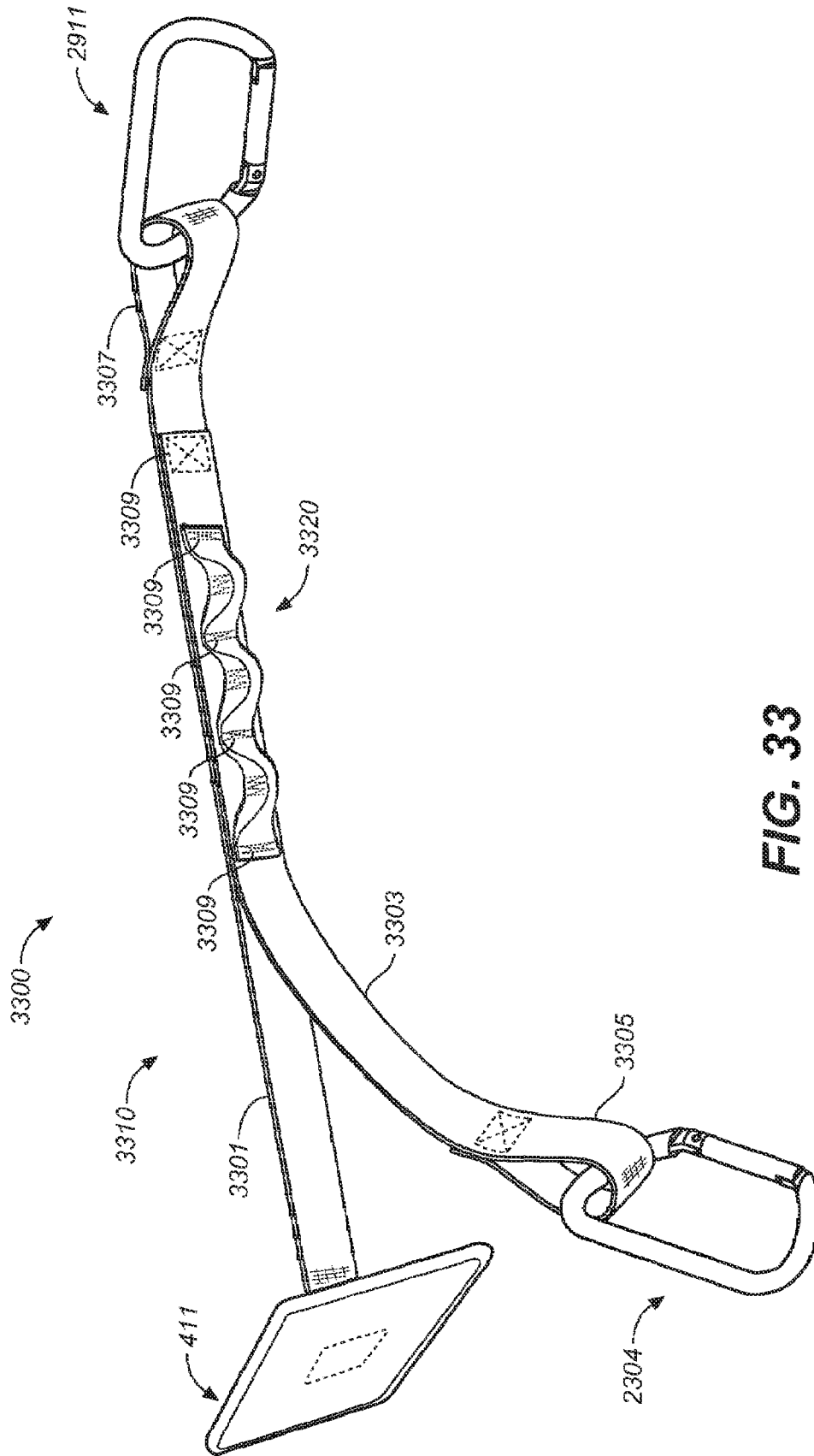


FIG. 33

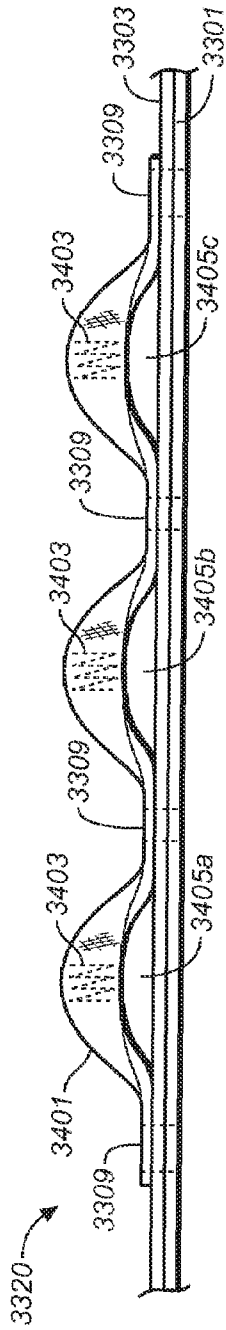


FIG. 34A

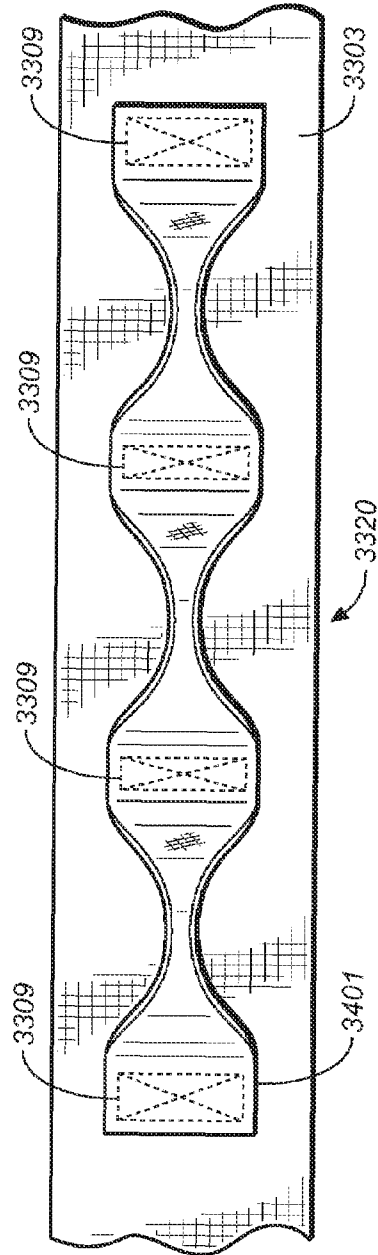


FIG. 34B

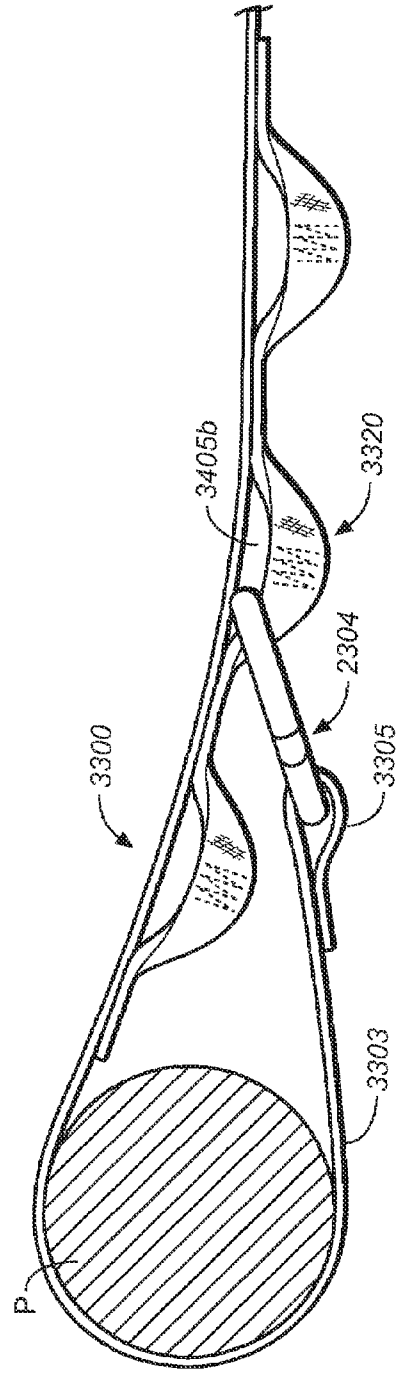


FIG. 35

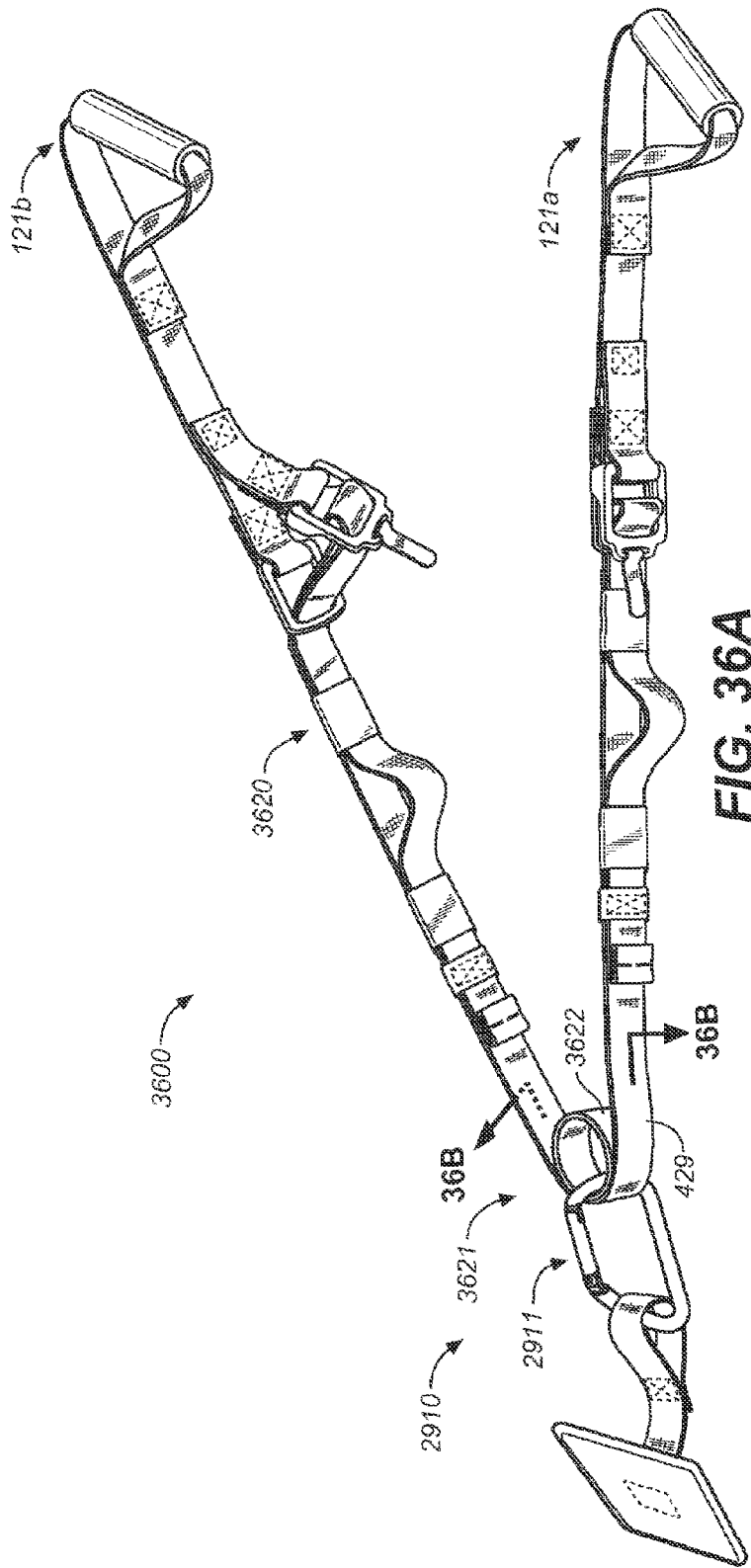


FIG. 36A

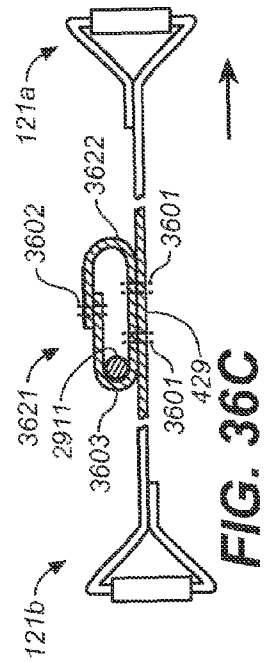


FIG. 36C

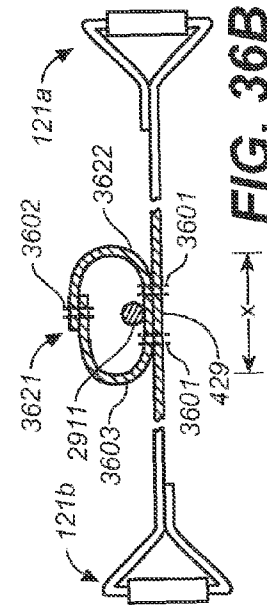


FIG. 36B

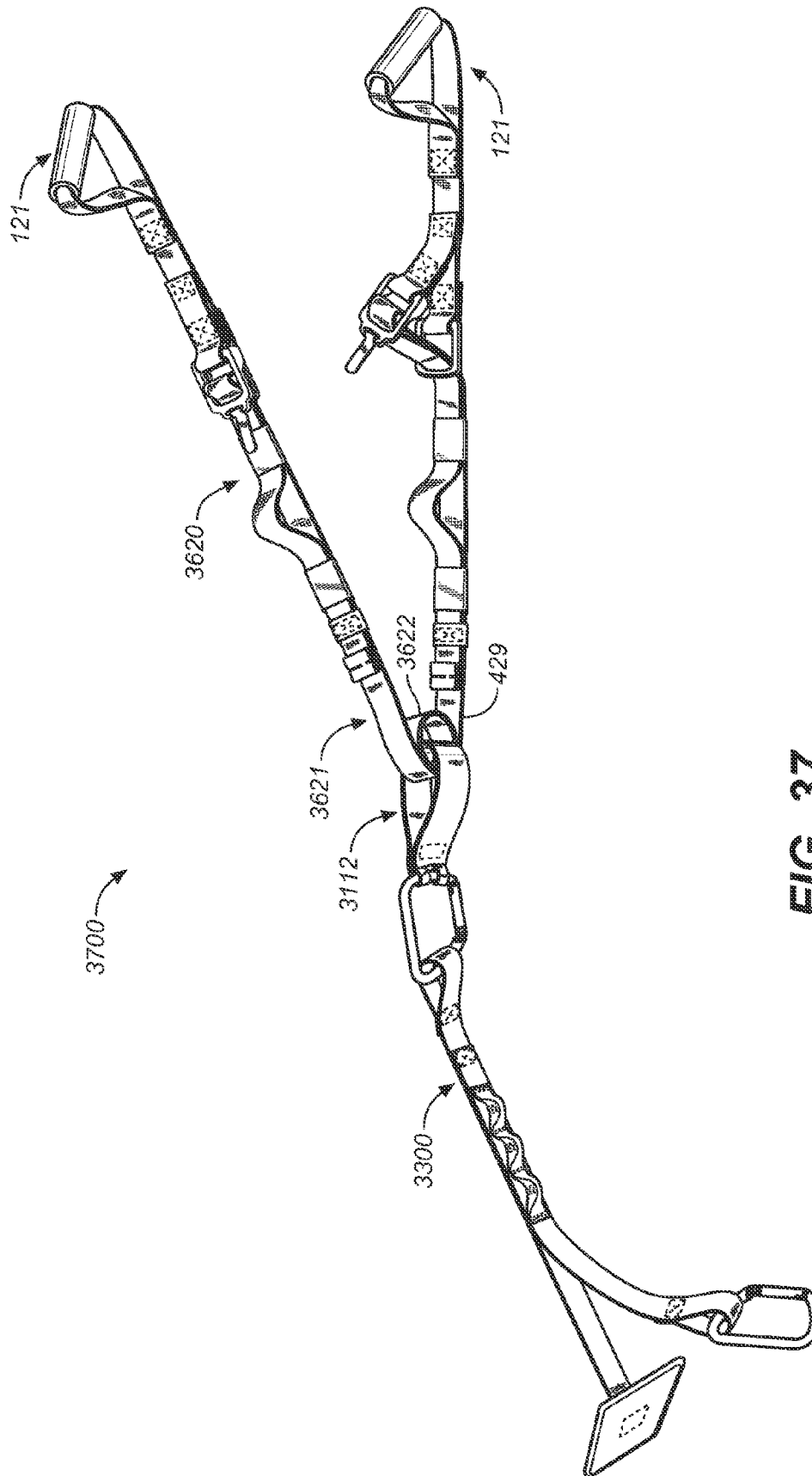


FIG. 37

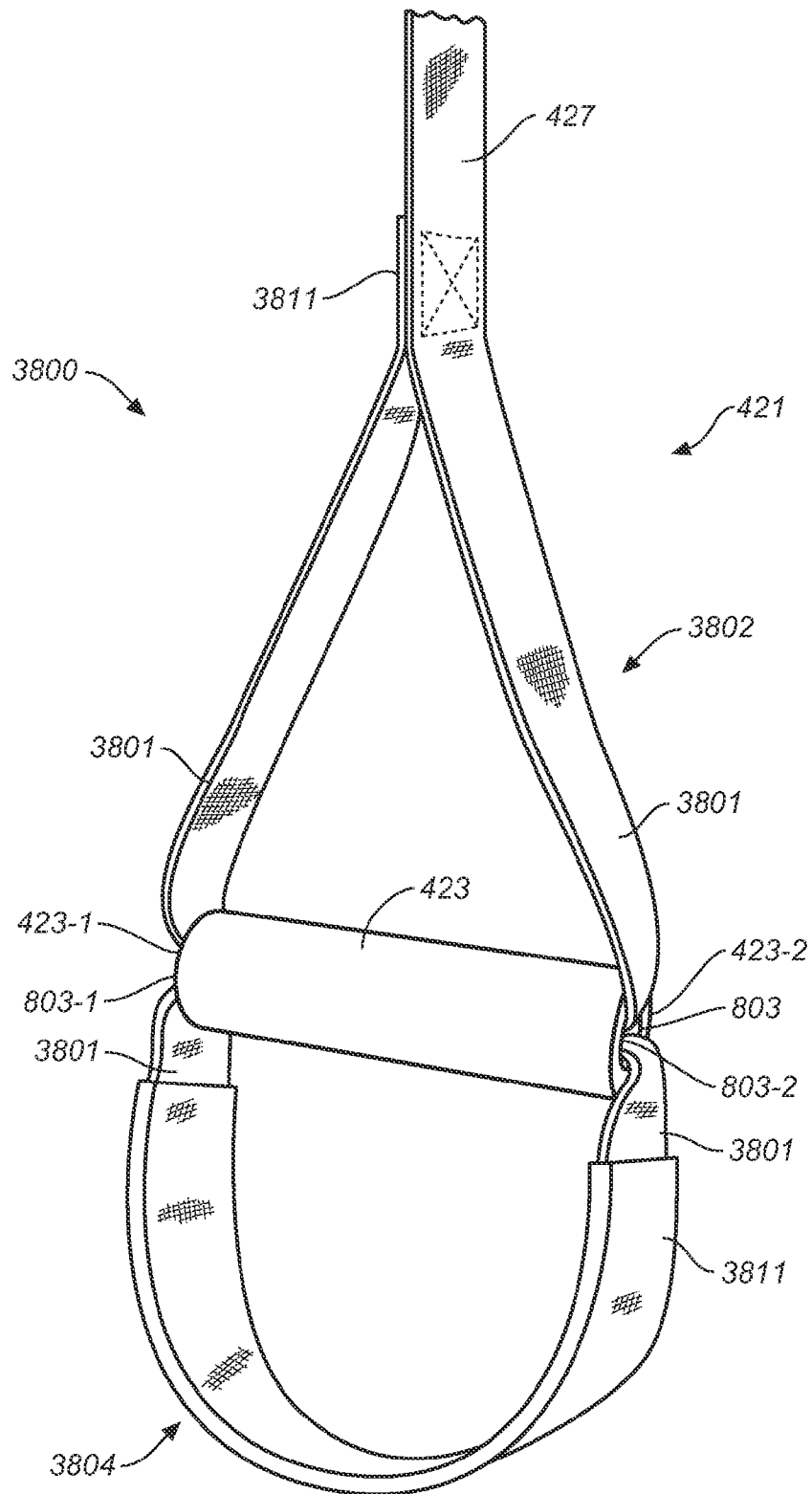


FIG. 38

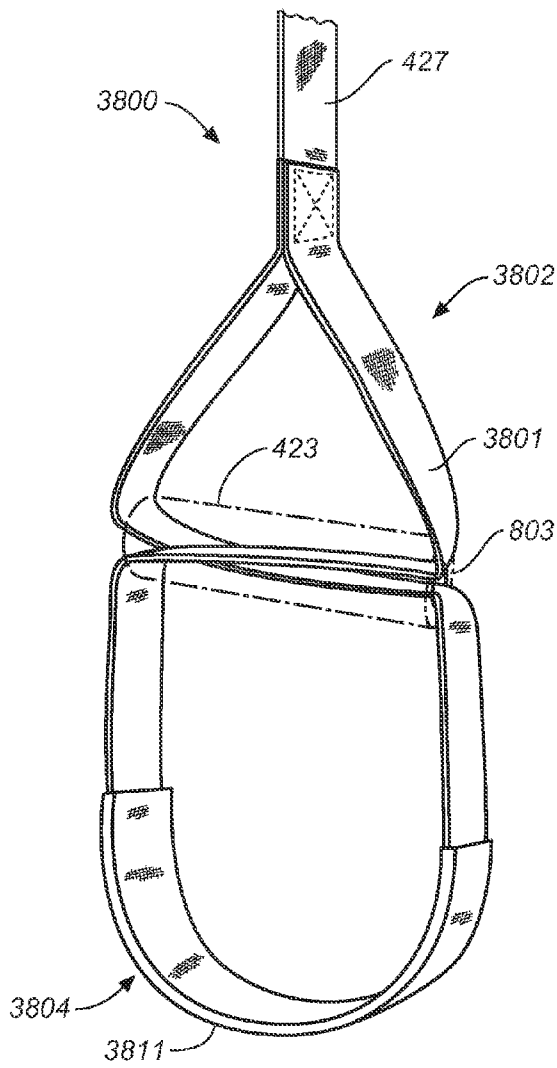


FIG. 39A

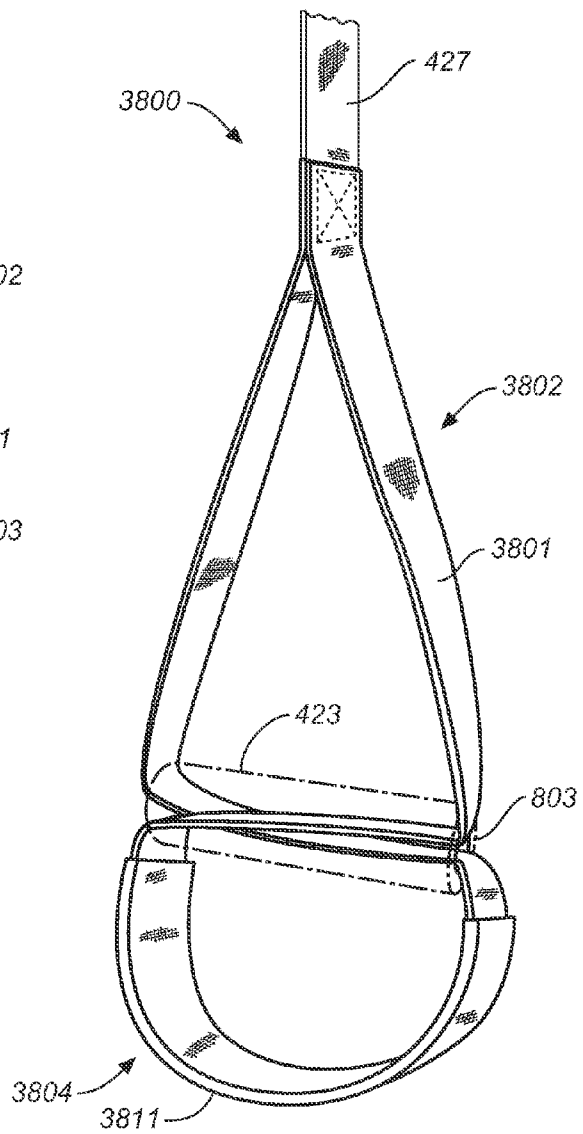


FIG. 39B

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INELASTIC EXERCISE DEVICE HAVING A LIMITED RANGE**CROSS-REFERENCE TO RELATED APPLICATIONS**

This application claims the benefit of U.S. Provisional Application No. 60/973,126, filed Sep. 17, 2007, the entire contents of which is hereby incorporated by reference herein and made part of this specification.

BACKGROUND OF THE INVENTION

The present invention generally relates to exercise devices, and in particular to an exercise device having an inelastic strap that can move within a limited range.

Resistance exercise devices allow a user to exercise by providing a resistance to the movement of a user's arms, legs, or torso. Thus, for example, such devices allow a user to exercise by working one muscle against another, or by working against the weight of the user, by providing a resistance to the movement of a user's arms, legs, or torso. Resistance exercise devices typically include either elastic bands or inelastic straps.

Resistance exercise devices having elastic bands typically restrict the motion of a user's arms and/or legs, or the motion between the user and a support structure. Elastic exercise devices typically have limited usefulness that result from their resistance characteristics, which depend on the length and elasticity of the elastic band. Due to differences in height, weight, or strength between different users, it may not be possible to use a device for a variety of exercises or for different users to use the device for the same exercise. Elastic resistance exercise devices typically provide resistance that is inconsistent and which increases with increasing displacement, and tend to snap back when released.

Resistance exercise devices having inelastic straps are typically attachable to a structure, such as, for example, a door. While devices having inelastic straps do not have many of the problems of those having elastic bands, they are generally usable for a limited number of exercises.

There is a need to provide a resistance exercise device that is capable of being used for a complete workout for any user, including adjustments that allow a wide range of stances and exercises, and that provides resistance to the user's motion in a form that is useful for exercising.

BRIEF SUMMARY OF THE INVENTION

The present invention overcomes the disadvantages of prior art by providing an exercise device that permits a limited range of longitudinal motion. For example, certain embodiments described herein include an exercise device that interacts with an anchor to permit limited motion of the exercise device.

In certain embodiments, an exercise device including an inelastic elongated member supported by an anchor attachable to a structure is provided. The exercise device includes an inelastic elongated member having grips, an anchor attachable to the structure and having a support for the inelastic elongated member, and means for limiting the range of positions at which the anchor supports the elongated member.

In certain other embodiments, an exercise device attachable to a structure is provided. The exercise device includes an inelastic elongated member having grips, an anchor attachable to the structure and having a support for the inelastic

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elongated member, and a limiter including at least one loop connected to the elongated member.

In certain other embodiments, an exercise device attachable to a structure is provided. The exercise device includes an inelastic elongated member having grips, and an anchor attachable to the structure and having a frictional support for the inelastic elongated member. The inelastic elongated member includes a closed loop, and where the frictional support passes through the closed loop to limit the range of the inelastic elongated member on the support.

These features together with the various ancillary provisions and features which will become apparent to those skilled in the art from the following detailed description, are attained by the exercise device of the present invention, embodiments thereof being shown with reference to the accompanying drawings, by way of example only, wherein:

BRIEF DESCRIPTION OF THE SEVERAL VIEWS OF THE DRAWING

FIG. 1 is a schematic front view of a first embodiment of an exercise device as anchored between a door and door jamb;

FIG. 2 is a partial schematic sectional view 2-2 of FIG. 1 showing the exercise device anchored between a door and door jamb;

FIG. 3 is illustrative of a user performing a high row exercise with the exercise embodiment of FIG. 1;

FIG. 4 is a perspective view of a second embodiment of an exercise device;

FIGS. 5A and 5B are views of a first embodiment of an anchor of the exercise device of FIG. 4, where FIG. 5A is a perspective view, and FIG. 5B is sectional view 5B-5B;

FIG. 6 is a schematic top view of the elongated member of the embodiment shown in FIG. 4 having two lengthening mechanisms and two hand grips;

FIG. 7 is a perspective view showing details of the grip and the lengthening mechanism of the embodiment of FIG. 4;

FIG. 8 is a sectional view 8-8 of FIG. 7 showing the hand grip;

FIG. 9A is a perspective view showing details of the slack sleeves of the embodiment of FIG. 4;

FIG. 9B is a sectional view 9B-9B of FIG. 9A showing details of the buckle and attachment of the slack sleeves to the buckle;

FIG. 10 is a schematic top view of an alternative elongated member embodiment having one lengthening mechanism and two finger grips;

FIG. 11 is schematic sectional view 11-11 of the finger grip embodiment of FIG. 10;

FIGS. 12A-12D are schematic drawings illustrating the use of the exercise device, where FIG. 12A is the initial configuration, FIG. 12B illustrates lengthening the elongated member, further illustrated in FIGS. 12B' and 12B'', FIG. 12C shows the application of force to the shorter leg of the elongated member, and FIG. 12D shows the application of force to the grips during an exercise;

FIGS. 13A-13C are schematic drawings illustrating the use of the exercise device having differing arm lengths, where FIG. 13A is the initial configuration, FIG. 13B shows the application of force to one of the pair of legs, and FIG. 13C shows the application of force to the grips during an exercise;

FIG. 14A is a second embodiment of an anchor that can be used for attaching the exercise device to a pole or railing, and FIG. 14B is an exercise device anchored to a pole using the alternative anchoring embodiment of FIG. 14A;

FIGS. 15A-15I illustrate poses of a user using an embodiment of an exercise device to perform exercises, where FIG.

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15A is a reverse combination crunch, FIG. 15B is a single leg L-squat, FIG. 15C is a gymnast dip, FIG. 15D is a kneeling combination crunch, FIG. 15E is a lying leg curl, FIG. 15F is a hip lift, FIG. 15G is a front shoulder raise, FIG. 15H is a crunch, and FIG. 15I is a triceps extension;

FIGS. 16A and 16B illustrate an embodiment of the exercise device for doing one handed exercises, where FIG. 16A shows interlocking the handles for one handed exercises, and FIG. 16B illustrates the use of the exercise device in performing a one arm high row exercise;

FIGS. 17A and 17B show an embodiment of a foot grip accessory as attached to a grip of an exercise device, where FIG. 17A illustrates the foot grip accessory gripped by the user's toes, and FIG. 17B illustrates a pair of foot grip accessories with one accessory on each of the pair of grips of an exercise device and grasped by one of the user's heels;

FIGS. 18A, 18B, 18C and 18D show a first embodiment of the foot grip accessory of FIGS. 17A-B, where FIG. 18A is a perspective view of the foot grip accessory, FIG. 18B is a bottom view of the foot grip accessory, FIG. 18C is a side view of part of one of the grip attachment portions, and FIG. 18D is a top view of part of one of the grip accessory attachment portions;

FIGS. 19A, 19B, and 19C show an embodiment of a finger grip accessory as attached to a grip of an exercise device, where FIG. 19A illustrates the one finger placed through one of the loops, FIG. 19B illustrates one finger be placed through each of the two loops, and FIG. 19C shows two fingers placed through each of the two loops;

FIGS. 20A, 20B, and 20C show one embodiment of the finger grip accessory of FIGS. 19A-C, where FIG. 20A is a perspective view of the finger grip accessory, FIG. 20B is a top view 20B-20B of the finger grip accessory, and FIG. 20C is a sectional side view 20C-20C of the finger grip accessory;

FIGS. 21A, 21B, and 21C shown an embodiment of a grip accessory as attached to a grip of an exercise device, where FIG. 21A illustrates a hand gripping three cords, FIG. 21B illustrates the hand gripping two cords, and FIG. 21C illustrates the hand gripping one cord;

FIGS. 22A, 22B, 22C, and 22D show one embodiment of the grip accessory of FIGS. 21A-C, where FIG. 22A is a perspective view of the grip accessory, FIG. 22B is a top view of the grip accessory, FIG. 22C is a bottom view of the grip accessory, and FIG. 22D is sectional side view 22D-22D of FIG. 22C;

FIG. 23 shows a third embodiment of an anchor;

FIG. 24 illustrates the use of the anchor of FIG. 23 to anchor an exercise device to a tree;

FIGS. 25 and 26 shows an embodiment of a bracket for securing an exercise device by an enlarged first end of an anchor, where FIG. 25 is a perspective front view of a bracket for mounting an exercise device, and FIG. 26 illustrates the use of the bracket to anchor the exercise device;

FIG. 27 is a perspective view of a first embodiment combination grip;

FIG. 28 is a perspective view of a second embodiment combination grip;

FIG. 29 is a perspective view of an exercise device including a fourth embodiment of an anchor and a second embodiment of an elongated member;

FIG. 30 is a perspective view of an exercise device including a fifth embodiment of an anchor;

FIG. 31 is a perspective view of an exercise device including a sixth embodiment of an anchor;

FIGS. 32A-32C are views of one embodiment of a support for the exercise device of FIG. 31, where FIG. 32A, is a perspective view showing the support connected to a ring,

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FIG. 32B is perspective view of the support unfolded, and FIG. 32C is an end view of the support ready to accept a ring;

FIG. 33 is a perspective view of an embodiment of a combination anchor;

FIGS. 34A and 34B are a side view and a top view respectively, of one embodiment of an anchor support;

FIG. 35 is a side view of one use of the anchor support of FIGS. 34A and 34B;

FIG. 36A is a perspective view of an exercise device having limited motion and including a fourth embodiment of an anchor and a third embodiment of an elongated member;

FIG. 36B is a sectional view 36B-36B of FIG. 36A showing a cross section of the motion limiting mechanism;

FIG. 36C is a sectional view 36B-36B of FIG. 36A showing a cross section of the motion limiting mechanism with the elongated member at an extreme position;

FIG. 37 is a perspective view of an exercise device having limited motion and including a combination anchor and a third embodiment of an elongated member;

FIG. 38 is a perspective view of a third embodiment combination grip; and

FIGS. 39A and 39B are perspective view of the combination grip of FIG. 38 with the hand grip in an upper and lower position, respectively.

Reference symbols are used in the Figures to indicate certain components, aspects or features shown therein, with reference symbols common to more than one Figure indicating like components, aspects or features shown therein.

DETAILED DESCRIPTION

For purposes of contrasting various embodiments with the prior art, certain aspects and advantages of these embodiments are described where appropriate herein. Of course, it is to be understood that not necessarily all such aspects or advantages may be achieved in accordance with any particular embodiment. Modifications and variations can be made by one skilled in the art without departing from the spirit and scope of the invention including, but not limited to: the use of inelastic members, which are described herein as straps, that are round or have some other cross-sectional shape, and/or which are formed from two or more members joined together, as by stitching or with an adhesive; or the use of different mechanisms for adjusting the length of inelastic member that are known in the field including, but not limited to, buckles, hooks, or winding the inelastic member about a rigid element. Moreover, any one or more features of any embodiment may be combined with any one or more other features of any other embodiment, without departing from the scope of the invention.

Disclosed herein is an inelastic exercise device that is supported by, or that can be easily attached to, a supporting structure, and that allows a user to perform a large number of exercises by easily adjusting the length of the device and thereafter balancing the device as the user's weight is transferred to the device. Several of the features will now be illustrated with reference to FIGS. 1-3. FIG. 1 is a schematic front view of a first embodiment of exercise device 100 that is anchored at a point A between a door D and door jamb J. FIG. 2 is a partial sectional view 2-2 of FIG. 1 taken through door D and showing exercise device 100 in profile, and FIG. 3 is illustrative of a user U exercising with the exercise device of FIG. 1.

Exercise device 100 includes an anchor 110 and an elongated member 120 having a pair of arms 122, indicated as a first arm 122a and a second arm 122b, on either side of the anchor, as shown schematically in FIGS. 1 and 2. A pair of

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grips **123** is provided, with one positioned at each end **121** of each arm **122**, specifically first arm **122a** has a first grip **123a**, and second arm **122b** has a second grip **123b**. Elongated member **120** is substantially inelastic and flexible with a length **S** between the pair of grips **123**, and includes a strap or cord or other inelastic, flexible member, and a lengthening mechanism **135** that provides for increasing or decreasing the length **S**, as indicated by double arrows ΔS .

As used herein, the noun “grip” encompasses any device that is interlockable with part of the human body, that is it can be connected in such a way that a person can transfer a force to the grip, preferably a force equal to some or all of the person’s weight, and the verb “grip,” when used herein, refers to the action of interlocking the device and a body part. When used in an exercise device, a grip is attached to other elements that permit the force to be transferred to another object, including but not limited to a stationary support, a device that can store or release energy, such as an elastic cord or a spring, or another body part. Grips include devices that can be surrounded by a body part, for example flexible loop or a hook, or that a body part can surround, for example an elongated member that can fit within the grasp of the hand. In this context, a member that can be gripped, or is grippable, is one that can surround a body part or can be surrounded by a body part, and has a size and configuration that permits the transfer of forces from the user to the grip. A “hand grip” is grip that is sized for grasping by the hand, a “foot grip” is grip that is sized for grasping a foot, and a “finger grip” is grip that is sized for grasping by one or more fingers.

Anchor **110** provides a support for elongated member **120** that permits some amount of movement. Specifically, the interaction of anchor **110** and elongated member **120** allows the elongated member to be positioned along on the anchor, and may also provide resistance to the movement of the elongated member along the anchor. Preferably the resistance is sufficient so that, under some circumstances, the support prevents movement of elongated member **120** along anchor **110**, even where there is some mis-match of forces on the ends of the elongated member. In this way exercise device **100** may be used for a variety of exercises, by changing the length of elongated member **120**, for example, and also provide an exercise device that can provide support for the user while exercising.

One type of support is referred to herein, without limitation, as a “frictional support.” Anchors that provide frictional support include, but are not limited to, an element or portion of an element that can support elongated member **120** during exercising, and over which the elongated member can slide. Resistance to the movement of elongated member **120** over anchor **110** may be determined, in part, by the frictional resistance of the elongated member sliding over the anchor. In several embodiments of methods of using exercise device **100**, elongated member **120** slides along anchor **110** while a user positions herself. During exercising, a slight mis-match in the pulling forces on the grips is matched by static friction of the frictional support, and the grips do not move while exercising. That is, the static friction between elongated member **120** and anchor **110** generated by the frictional support is sufficient to permit exercises in which elongated member **120** does not slide through anchor **110** while exercising. Means that provide frictional support include elements or portions of elements that form part of or which are attached to an anchor and which can support an elongated member (that may, for example, include grips) and which can allow the elongated member to slide along the supporting anchor and provide frictional resistance to the motion of the elongated member during exercising.

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Anchor **110** is used to provide a fixed anchor point for exercise device **100** and to support a user’s weight as it is applied to arms **122** as indicated by an arrow **F** in FIG. **2** and as shown in FIG. **3**. As shown in FIG. **2**, anchor **110** is adapted for positioning exercise device **100** in a door and providing support to elongated member **120** by having an enlarged portion **111**, a portion **113** that can be strap or cord, and an approximately triangular shaped loop **115** for slidably supporting the elongated member. With enlarged portion **111** on the opposite side of door **D** from elongated member **120**, anchor **110** supports the weight of a user as grips **123** are pulled. In addition, anchor **110** provides for positioning the relative length of arms **122** as shown in FIG. **1** by double arrow **C**. Thus, the total length of elongated member **120** and distribution of that length between each of arms **122** can be easily adjusted through the lengthening mechanism **135** and by pulling the ends of the elongated member. FIG. **2** shows arms **122** each having a length **L**.

When supported by a structure, such as door **D** (as shown, for example, in FIGS. **1-3**) or a railing, pole or other support member (as shown, for example, in FIGS. **14B** and **26**) the inventive exercise device provides a pair of grips for a user to exercise against her weight according to the user’s position relative to the device, and provides for easily adjusting the length of the device. As described below, the inventive device can be used to exercise in any one of a large number of orientations according to the selected adjustable length and according to where and how the user stands relative to the exercise device. In general, a user sets the exercise device to a desired length, positions herself on the ground near the exercise device, supports a portion of her body weight from the exercise device by her hands or feet, and exercises by moving her body with her weight supported by the ground and the exercise device. Examples of support on the ground and exercise device include, but are not limited to, standing on one or both legs, lying on the stomach or the back, kneeling, or by having the hands on the ground, and having the exercise device support ones weight by the hands or feet, as appropriate.

In an alternative embodiment (not shown), elongated member **120** does not include a lengthening mechanism **135**. In this embodiment, elongated member **120** is thus substantially inelastic and has a fixed length **S** between the pair of grips **123**.

With reference to FIG. **3**, a user **U** is shown in one of the many exercise positions, in particular a high row exercise, gripping the pair of grips **123** with the user’s hands and having the user’s feet placed a horizontal distance **X** from anchor point **A**. When anchored to a door, it is preferred that anchor point **A** is on the inwards side of the door (that is, that the door open away from user **U**) so that jamb **J** can support the user’s weight. The user **U** is shown leaning away from anchor point **A** and supporting a fraction of his or her weight through device **100**. It is apparent that user **U** can vary the amount of supported weight, and thus the resistance of exercise device **100**, by adjustment of his or her stance relative to anchor point **A** (distance **X**) and the length of arms **122** (length **L**). The user **U** of FIG. **3** performs a high row exercise by moving his body in a direction **E** towards and away from anchor point **A**. Note that other exercises are also possible with the user in this position by the user moving in other directions with the user’s weight supported by the ground and exercise device **100**.

Several embodiments will now be described with reference to the drawings. These embodiments are meant to be illustrative and not limiting to the scope of the claims. FIGS. **4-9** are various views of a second embodiment of an exercise device **400**. Referring first to FIG. **4**, a perspective view of exercise

device **400** is shown as including a first embodiment of an anchor **410** and an elongated member **420**. Exercise device **400**, anchor **410**, and elongated member **420** are generally similar to exercise device **100**, anchor **110**, and elongated member **120**, respectively, except further detailed below. Where possible, similar elements are identified with identical reference numerals in FIGS. 1-9.

Anchor **410** includes an inelastic, flexible strap **413** having an enlarged first end **411** that is wider than the strap, and a second end that forms a loop **415**. Elongated member **420** passes through loop **415**, defining a pair of arms **422**, indicated as arm **422a** and **422b**. Each arm **422** has a respective end **421**, shown as end **421a** and **421b**, each forming a loop **425**, shown as loop **425a** and **425b**, to support one of a pair of grips **423**, shown as grip **423a** and **423b**. Elongated member **420** also includes a pair of lengthening devices or buckles **435**, shown as buckle **435a** and **435b**, at either end of a central strap **429**. Either one or both of buckles **435** provide for the adjustment of the length of elongated member **420**. Specifically, strap **429** has a pair of ends **431**, indicated as **431a** and **431b**, that pass through buckle **435a** and **435b**, respectively. As described subsequently, elongated member **420** is substantially inelastic, with the length of the elongated member being adjustable through the action of one or both of the pair of buckles **435**.

FIGS. 4, 5A and 5B present several views of anchor **410**, where FIG. 5A is a perspective view of the anchor and FIG. 5B is a sectional view 5B-5B of the anchor. As noted previously, anchor **410** includes an inelastic, flexible strap **413**. In one embodiment, the majority of lengths of anchor **410** and elongated member **420** are formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having strength sufficient to support the weight of a device user. Webbing materials include, but are not limited to, one or more of a nylon, polypropylene or other polymeric fibers. It is to be understood that a single length of flexible material can alternatively comprise two or more pieces that are stitched, glued, or otherwise attached to one another. In one embodiment, the length of strap **413** is from 6 to 18 inches. In another embodiment, the length of strap **413** is approximately 12 inches.

Strap **413** has an enlarged first end **411** that is wider than the strap, and a second end **417** that is attached to the strap so as to form loop **415**. As shown in FIG. 5B, strap **413** has an end **502** forming the core of first end **411**. Since one of the intended uses of anchor **410** is to anchor exercise device **400** between a door and jamb, it is preferable that the end **411** include materials that are soft enough to prevent damage to a wood door or door frame and sturdy enough to support the weight of a user. One embodiment that is soft and sturdy is shown in FIG. 5B. Specifically, strap end **502** is partially surrounded by a recessed enclosure **505** and a pillow **507** that covers the strap end and the enclosure. Strap end **502** can further be held within end **411** by gluing and stitching the strap end to enclosure **505** and pillow **507**, and by closing the pillow with one or more stitches **509**. Strap **413** passes into first end **411** through a slot **504** in enclosure **505** and through slot **501** in pillow **507**. In one embodiment, first end **411** is approximately 3.5" by 2.5" and is oriented approximately perpendicular to strap **413**. In another embodiment, enclosure **505** is formed of a high-density, closed cell foam, and that pillow **507** is formed from a felt, and includes stitches **503**. Alternatively, a second strap or piece of another material could be sewn, glued or otherwise attached to the end of strap **413** to form end **502**. In another alternative embodiment,

enclosure **505** can include another rigid member, such as a metal or hard plastic plate, to increase the rigidity of strap end **411**.

Elongated member **420** is shown in greater detail in FIGS. 6-9, where FIG. 6 is a schematic top view of the elongated member, FIG. 7 is a perspective view of one of the pair of grips **421** and the corresponding one of the pair of buckles **435**, FIG. 8 is a sectional view 8-8 of one of the pair of grips **421**, and FIG. 9A is a perspective view showing details of one of the pair of buckles and the adjoining strap **429**. As shown in FIG. 6, the elongated member **420** has length S, and includes two inelastic strap portions **427**, indicated as **427a** and **427b**, strap **429** and the pair of buckles **435** for adjusting the length S. The portion of elongated member **420** from each end to the nearest buckle has a fixed length—that is, each of the two portions from one of the pair of ends **421** to the corresponding one of the pair of buckles **435** has a fixed length. In one embodiment, the length S is adjustable over a length that allows for a wide range of exercises. Thus, for example and without limitation, length S can be varied in length from approximately 6 feet to 12 feet. In another embodiment, elongated member **420** has a width of approximately 1.5". When used for exercising, strap **429** and loop **415** can slide the elongated member **420** along anchor **410**, while providing enough friction so that there can be some mismatch in forces on the two ends **421** without the elongated member sliding through the anchor while a user is exercising.

The details of one of the pair of ends **421**, including strap **429** to grip **423**, and including buckle **435** are shown in FIGS. 7, 9A and 9B. Buckle **435** is a cam buckle, the design and use of which are well known in the art. Buckle **435** is attached to strap **427**, and thus the length of each of end **421** is not adjustable. Buckle **435** is also slidably accepts and grips strap **429**, allowing for adjustment of the length S.

Buckle **435** has a frame **709**, a first strap bar **705**, a second strap bar **707**, and a user movable cam **711**. First strap bar **705** supports a loop of strap **427** that is preferably secured by stitches **703**. Alternatively, strap **427** can be secured to bar **705** through a second member, such as another looped strap or a plastic or metal piece that loops about bar **705** and provides a location to attach strap **427**. Strap **427** has an opposite end that is bound with stitches **701** to form loop **425** to secure grip **423**, as described subsequently. Second strap bar **707** and cam **711** supports strap **429**. It is to be understood that the use of stitches as described herein to fasten strap portions can also be accomplished through the use of other methods of fastening, such as glue or by melting strap portions together.

Cam **711** is spring loaded such that it normally restrains a strap **429**, and that under the action of a user, such as by pushing or pulling the cam, the cam is moved to allow the strap to move. The distance between cam **711** and bar **707** is adjusted by the user and a spring within buckle **435** by pushing on cam **711**, allowing strap **429** to slide between cam **711** and bar **707**. Thus, the length S can be adjusted by the user actuating cam **711** of buckle **435**.

Grip **423** is shown in greater detail in the sectional view of FIG. 8. Grip **423** has a generally tubular shape, with an outer cover **801** and an inner cylindrical tubular portion **803**. Cover **801** has a length and outer diameter to allow a hand to easily grab grip **423**, and is formed from a material that permits a user to hold it while exercising. In one embodiment, the material for cover **801** is a high-density foam. Portion **803** provides the strength of grip **423** and can be formed from a length and diameter of plastic or other rigid material to match the size of cover **801** and to provide space for a loop **425** to

pass through the center of portion **803**. In one embodiment, portion **803** is formed from a rigid and light material, such as PVC tubing.

One of the pair of free ends **431** is shown in greater detail in FIG. **9A**. Each end **431** is preferably folded back, and is held in place, for example by a stitch **901**, to form an easily manipulated end. Elongated member **420** also includes several sleeves, shown as sleeves **903**, **905a** and **905b** that twice surrounds strap **429** to prevent ends **431** from moving about. Specifically, sleeves **903** and **905** are placed between buckles **435**, ends **431** and strap **429**. Thus sleeves **903** and **905** restrain the portion of strap **429** from a buckle **435** to the corresponding end **431** from moving about as exercise device **420** is moved. As shown in FIG. **9A**, sleeve **903** is affixed near end **431**, while sleeves **905** can be slid along the length of strap **429**. FIG. **9B** is a sectional view **9B-9B** of FIG. **9A** showing details of the cam buckle and attachment of sleeve **905b**. In particular, FIG. **9B** shows a bar **907** that spans buckle **435** and a strap **909** that is attached both the bar and to sleeve **905b**. Strap **909** keeps sleeve **905b** from sliding too far down strap **429** during adjustment of the length of the exercise device. It is preferred that sleeves **905b** are elastic so that they can easily move and hold together the portions of strap **429**.

Alternative Anchor Embodiments

Several anchor embodiments are shown in FIGS. **14A**, **14B**, **23** through **26**, and **29** through **32A-32C**. Except where explicitly stated, any of the anchors may be used to support any of the elongated members of the exercise device. In the following discussion, the anchor embodiments are meant to be illustrative and not to be limiting. Thus, for example and without limitation, embodiments of an exercise device can be anchored in a door, about a pole, railing or stanchion, from a hook installed in a wall, or can be permanently affixed to a wall or exercise structure, for example.

FIG. **14A** is a second embodiment of an anchor **1410** that can be used for attaching the exercise device to a pole or railing, and FIG. **14B** is an embodiment of an exercise device anchored to a pole using the alternative anchoring embodiment of FIG. **14A**.

FIG. **14A** shows alternative embodiment anchor **1410** which includes an adjustable loop **1419** and an anchor loop **1415**. As described subsequently, anchor **1410** is an alternative anchor, and can, for example, present an anchor loop **1415** for accepting elongate member **420** to form an exercise **1400**. Alternatively, anchor **1410** can support elongate member **120** or any of the other elongate members described herein. Adjustable loop **1419** is formed from a flexible strap **1411** and a cam buckle **1412** as follows. Cam buckle **1412** can be, for example, cam buckle **435** shown in detail in FIG. **9B**. Flexible strap **1411** has a free, first end **1414** that is threaded through the cam portion of cam buckle **1412**, for example by threading the strap between the second strap bar **707** and movable cam **711** of cam buckle **435**. Flexible strap also has a second end **1418** that is attached to cam buckle **1412**, for example, by looping the second end about first strap bar **705** of cam buckle **435** and providing a stitching **1416** through a double thickness of strap **1411**. Strap **1411** thus threaded through buckle **1412** has forms an adjustable loop **1419** that can be increased or decreased in size by actuating cam buckle **1412** to release strap **1411**, moving the strap through the cam buckle, and releasing the cam. End **1414** is held against strap **1411** by a slack sleeve **1413**. An anchor loop **1415** is attached to strap **1411** by a stitching **1417**.

It is preferred that the majority of lengths of anchor **1410** are formed of materials that include, but are not limited, to

straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Webbing include, but are not limited to, webbings made of one or more of nylon, polypropylene or other polymeric fibers. It is understood that alternative embodiments of a single length of flexible material include, but are not limited to, two or more pieces that are stitched, glued, or otherwise attached to one another.

FIG. **14B** shows exercise device **1400** formed from anchor **1410** and elongated member **420**. Adjustable loop **1413** of anchor **1410** is tightened about a pole P, for example, by placing the adjustable loop over the top of the pole and tightened using cam buckle **1412**. Alternatively, strap **1411** can unthreaded from cam buckle **1412**, wrapped about pole P, and then threaded through the cam buckle and tightened. In either case, end **1414** is the pulled through cam buckle **1412** and adjustable loop **1419** is tightened about pole P with sufficient force to allow exercise device **1400** to support a user's weight.

In addition to being attached to a pole, anchor **1410** can be tensioned to support exercise device **1400** about a railing, post, or other member. Alternately, the anchor can be attached to a carabineer that is fixed to a wall or other structure.

FIG. **23** shows a third embodiment of an anchor **2300** including a flexible strap **2301** with a first end **2305** having a loop **2307** held in place with stitching **2311** and a second end **2303** having a ring **2304** held within a loop created by stitching **2309**, and FIG. **24** illustrates the use of anchor **2300** to anchor the elongated member **420**, which could also be elongated member **120**, to a tree. In one embodiment, ring **2304** is a gated ring, such as a carabineer. In another embodiment, ring **2304** is a snap ring. It is preferred that the majority of lengths of strap **2301** are formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, webbings made of nylon, polypropylene or other polymeric fibers. FIG. **24** shows an exercise device **2400** formed from anchor **2300** and elongated member **420**. Strap **2103** is be wrapped about a tree with ring **2304** accepting the strap. Loop **2307** accepts strap **429**, allowing the user to exercise against a tree or other object small enough for strap **2103** to be wrapped about.

FIGS. **25** and **26** shows a bracket **2500** for securing an anchor, such as the first end **411** of anchor **410**, where FIG. **25** is a perspective front view of the bracket, and FIG. **26** illustrates the use of the bracket to anchor the exercise device. Bracket **2500** has a first flange **2503** with a mounting hole **2509** and a second flange **2505** with a mounting hole **2511** and a face **2507** that extends from the first flange to the second flange and includes a slot **2515** that extends into the face a face edge **2513** and includes a central slot **2517**. In a preferred embodiment, bracket **2500** is formed from a single sheet **2501** of sheet metal, for example that has crease **2518** in flange **2503**, crease **2523** in flange **2505**, and creases **2519** and **2521** between face **2507** and flanges **2503** and **2505**, respectively. In one embodiment, the thickness of sheet **2501** is from 0.05 to 0.10 inches, or more preferably approximately 0.0625 inches, and creases **2518**, **2519**, **2521**, and **2523** are placed to such that face **2507** is parallel to and separated from flanges **2503** and **2505** by a distance D of from approximately 1 to 2 inches, or in another embodiment, approximately 1.5 inches. Mounting holes **2509** and **2511** are, in one embodiment, between approximately ¼ inch and approximately ½ inch in diameter, and in another embodiment approximately ⅜ inch in diameter.

FIG. **26** illustrates the use of bracket **2500**. Bracket **2500** is mounted to a wall W, and held in place by a pair of screws

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2601 through mounting holes 2509 and 2511. A portion of anchor 410 is shown in phantom on the right side of FIG. 26, specifically enlarged portion 411 and flexible strap 413. Anchor 410 is placed in bracket 2500 as indicated by the arrow. Specifically, strap 413 is slid through the slot 2515 in face edge 2513, with enlarged portion between bracket 2500 and wall W and into central slot 2517. Slot 2515 is sized to be large enough to allow strap 413 to slide through the slot but not so large as to allow enlarged portion 411 to pass through the slot. The use of bracket 2500 allows for exercise device 400, which was previously shown as being mountable in a door jamb, to be mounted against any wall to which the bracket can be mounted.

Several embodiments provide an anchor for an exercise device formed of components that are removably attached. Thus, for example, embodiments include an anchor having a portion to attach to a structure that is removably attached to a portion to support an elongated member. Thus for example, and without limitation, any one of anchors 110, 410, or 2300 may include interlinking or interlocking components. This may permit the replacement or interchanging of anchor components or the addition of additional components, such as straps to lengthen the anchor.

FIG. 29 is a perspective view of an exercise device 2900 including a fourth embodiment of an anchor 2910 and a second embodiment of an elongated member 2920. Exercise device 2900, anchor 2910, and elongated member 2920 are generally similar to exercise devices 100 or 400, anchors 110, 410, or 2300 and elongated members 120 or 420, respectively, except further detailed below. Where possible, similar elements are identified with identical reference numerals in the Figures.

Anchor 2910 includes a ring 2911 that passes through loop 415 to form an extension of anchor 410. Ring 2911 is a closed or closable loop of material capable of supporting a user when exercising. The material of ring 2911 may be a metal or plastic having sufficient strength to support an exercising user. An alternative embodiment of ring 2911 is any loop capable of supporting elongated member 2920, and includes, but is not limited to, an open loop, a hook, a ring that deforms (as in a snap ring) or has a movable portion (as in a gated ring) to permit the ring to open or close. FIG. 29 illustrates, without limitation, one embodiment, where ring 2911 is a ring 2913 having a spring loaded gate 2915. In another alternative embodiment, anchor 410, which does not necessarily include loop 415, includes one or more holes, which are preferably reinforced with metal, through which ring 2911 may pass.

Elongated member 2920 includes a pair of buckles 2935, shown as buckle 2935a and 2935b. As shown in detail with respect to buckle 2935a, buckle 2935 includes a first ring 2931 and a second ring 2933 having a center bar 2932 and a tab 2936. Strap 427 is attached to both ring 2931 and 2933, and strap 429 passes through ring 2931, around bar 2932, and back through ring 2931. Buckle 2935a illustrates the buckle restraining straps 429 and 427. When tab 2932 is pulled to separate rings 2931 and 2933, as shown for buckle 2935b, the length of elongated member 2920 may be changed.

When configured for exercising, anchor 410 may pass through a door jamb, as described above, and strap 429 of elongated member 2920 passes through ring 2911 of anchor 2910.

FIG. 30 is a perspective view of an exercise device 3000 including a fifth embodiment of an anchor 3010 and elongated member 2920. Exercise device 3000 is generally similar to exercise devices 100, 400, or 2900, and anchor 3010 is generally similar to anchor 2910, except as explicitly detailed

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below. Where possible, similar elements are identified with identical reference numerals in the Figures.

Anchor 3010 includes anchor 2300 and ring 2911, where the ring passes through loop 2307. Anchor 3010 may be used to secure exercise device 3000 to one of a variety of supports with ring 2911 supporting elongated member 2920. In one embodiment, ring 2304 may be attached to a ring affixed to a structure. In another embodiment, strap 2301 may be looped about a structure. Thus, for example, FIG. 30 shows ring 2304 positioned to arrange strap 2301 in a loop 3001. Loop 3001 may, for example, be placed about a pole to support exercise device 3000.

FIG. 31 is a perspective view of an exercise device 3100 including a sixth embodiment of an anchor 3110 and elongated member 2920. Anchor 3110 includes anchor 2910 and a support 3112. Exercise device 3100 is generally similar to exercise devices 2900 or 3000, and anchor 3110 is generally similar to anchors 2910 or 3010, except as explicitly detailed below. Where possible, similar elements are identified with identical reference numerals in the Figures.

Support 3112 has a first portion 3111 for interacting with elongated member 2920 and a second portion 3113 for connecting to ring 2911 of anchor 2910. Anchor 2910 is described above with regard to the embodiment of FIG. 29. In one embodiment, the material of support 3112 may include, but is not limited, to a webbing of a natural or synthetic material having strength sufficient to support the weight of a device user. Webbing materials include, but are not limited to, one or more of a nylon, polypropylene or other polymeric fibers. It is to be understood that a single length of flexible material can alternatively comprise two or more pieces that are stitched, glued, or otherwise attached to one another. In another embodiment, the material of elongated support 3112 includes or is formed entirely of a metal or a plastic. When configured for exercising, anchor 410 may pass through a door jamb, as described above, and strap 429 of elongated member 2920 passes through first portion 3111 of support 3112.

FIGS. 32A, 32B, and 32C are views of one embodiment of support 3112, or a portion thereof, where FIG. 32A, is a perspective view of support 3112 and ring 2911, FIG. 32B is perspective view of the support unfolded, and FIG. 32C is an end view of the support ready to accept a ring. Support 3112 of FIGS. 32A, 32B and 32C is generally similar to the support of FIG. 31, except further detailed below. Where possible, similar elements are identified with identical reference numerals in the Figures.

As shown in FIG. 32A, support 3112 includes a strap 3205 that forms first portion 3111 and second portion 3113. Second portion 3113 includes a first loop 3201 and a second loop 3203 that are formed or attached to strap 3205. As shown in FIG. 32B, loops 3201 and 3203 are on opposite ends of strap 3205 and are offset so that loops 3201 and 3203 align when strap 3205 is folded to form second portion 3113 as shown in FIG. 32C.

When assembled for exercising, strap 3205 is folded to align loops 3201 and 3203, and ring 2911 is placed through the aligned loops. Ring 2911 is also attached to anchor 410, which may be placed through a door jamb. Elongated member 2920 is placed through second portion 3111, and a user may exercise as described herein.

While exercise device 100, and more specifically exercise devices 400, 2900, 3000, and 3100 have been described with respect to a particular embodiment, there are many alternative embodiments. Thus, for example, there are many embodiments that provide for an adjustable length, substantially

inelastic, strap-like member that has an easily adjustable length and balance of the two sides of the strap-like member about the anchor.

FIG. 33 is a perspective view of an embodiment of a combination anchor 3300. Combination anchor 3300 may be generally similar to any of the previous anchors, except as explicitly detailed below. Where possible, similar elements are identified with identical reference numerals in the Figures.

Combination anchor 3300 includes ring 2911, enlarged first end 411, and ring 2304, that are connected with a flexible material 3310. End 411 or ring 2304 may be attached to a structure, and ring 2911 may support an elongated member, including but not limited to elongated member 120 or another exercise device to be supported by a structure. Flexible material 3301 may be, for example and without limitation, one or more webbings as described above with reference to the material of elongated member 420 and may include joints, such as may be formed by stitching the material to itself (to form loops, for example) or to adjacent portions.

In the embodiment of FIG. 33, flexible material includes a first strap 3301 and a second strap 3303. Strap 3301 includes end and a loop 3307 that can support ring 2911. Strap 3303 includes a loop 3305 that supports ring 2304 and one or more stitches 3305 that attached the strap to strap 3301.

Combination anchor 3300 is shown having an optional ring support 3320, which is shown in greater detail in FIGS. 34A and 34B, which are a side view and a top view respectively, of one embodiment of the ring support. Support 3302 includes a strap 3401 that is held in place on strap 3303 by stitches 3309. The portions between stitches 3309 are sewn with stitches 3403, forming a series of ring loops 3405 (shown as loops 3405a, 3405b, and 3405c).

FIG. 35 is a side view of one use of the anchor support of FIGS. 34A and 34B. Strap 3303 is wrapped about a pole P, with ring 2304 placed through loop 3305 and ring loop 3405b. With combination anchor 3300 in this configuration, an elongated member, including but not limited to elongated member 120 can be attached to ring 2911. Alternatively, ring 2304 may be attached directly to a structure, such as to an eye bolt attached to a wall (not shown).

Exercise Devices with Limited Range

Certain embodiments of exercise device 100 include means for limiting the range of positions at which elongated member 120 can be supported along anchor 110. For such devices anchor 110 provides a frictional support for elongated member 120 as long as grips 121 are not pulled too far in one direction or another. When a maximum position is reached, elongated member 120 and anchor 110 interact to prevent further movement of the grips and by transferring the force from the grips directly to the anchor—that is, if the user pulls a grip too far, the grip can move no further and the user's weight is transferred entirely to the anchor. An exercise device having limited the range of motion may have one or more benefits. Thus, for example, a limited range of motion may be useful as a safety feature by catching a user who has accidentally released a grip. It may also be useful as a training feature since it limits how far a user may move while exercising. It can also be used to exercise without motion of the grips—that is, but exercising with the grips a fixed distance from the anchor.

As an example of such means, elongated member 120 may include one or more devices ("limiters") that are affixed or which may be attached to anchor 110 or the elongated member and which movement of the elongated member within a certain range. Limiters include, but are not limited to: a tether

attached to elongated member 120 and to anchor 110 (where the tether can be sewn or knotted to the elongated member and anchor); protrusions from the elongated member at two positions (including, for example pieces of fabric or a ball), where either protrusion can catch on the anchor or prevent sliding beyond the protrusion's position; and a sleeve or strap affixed to the elongated member and adapted to accept the anchor, such that the sleeve or strap limits the motion of the elongated member along the strap.

FIG. 36A is a perspective view of an exercise device 3600 having one embodiment of a means for limiting motion. Exercise device 3600 includes a third embodiment of an elongated member 3620. Exercise device 3600 may be generally similar to exercise device 100, or any of the other exercise devices described herein, except as explicitly detailed below. Where possible, similar elements are identified with identical reference numerals in the Figures.

Elongated member 3620 includes a motion limiting mechanism 3261. Mechanism 3261 permits a limited range of longitudinal motion of elongated member 3620 relative to the anchor, which may be, for example anchor 110. In one embodiment, limiter 3621 includes a pair of interlocking loops or rings, where one of the pair is connected to the anchor and the other is connected to the elongated member. With the loops or rings interlocking, the range of motion is limited by the circumference of the ring or the diameter of the ring. In one embodiment, mechanism 3261 permits ends 121 (indicated as end 121a and 121b) to move within a range of several inches along anchor 110.

FIG. 36B is a sectional view 36B-36B of FIG. 36A showing a cross section of an embodiment of a limiter 3621. Limiter 3621 includes a loop 3622 formed by stitching the loop material at stitching 3602 and affixing the loop to strap 429 at a pair of stitchings 3601. Ring 2911 passes through loop 3622. When anchor 2910 is supported by a door and doorjamb, the interaction of ring 2911 and loop 3622 permits ends 121a and 121b only limited back and forth motion. The range of motion of ring 2911 along strap 429 is indicated in FIG. 36B as the length X. With ring 2911 positioned between stitches 3601, the user's weight is transferred from both of ends 121 to anchor 2910.

As an example of the FIG. 36C is a sectional view 36B-36B of FIG. 36A showing a cross section of the motion limiting mechanism with the elongated member at an extreme position. In this Figure, end 121a is pulled, as indicated by the arrow, with ring 2911 against a side 3603 of loop 3622. Limiter 3621 in this configuration, the user is not able to pull end 121a any further from anchor 2911. The limited range of longitudinal motion permits a user to perform the exercises described herein, and provides support to the user that might have trouble balancing the device.

In one embodiment, loop 3622 is formed from webbing material described above with reference to elongated member 420. Loop 3622 may, for example and without limitation, be formed from 1.5 inch tubular webbing approximately 8 inches to 10 inches long, and affixed with stitches 3601 that are separated by approximately 3 inches longitudinally along strap 429, resulting in a distance X of approximately 3.5 inches.

FIG. 37 is a perspective view of an exercise device 3700 having limited motion and including combination anchor 3300, support 3112, and elongated member 3620. Exercise device 3700 may be generally similar to exercise device 100, or any of the other exercise devices described herein, except as explicitly detailed below. Where possible, similar elements are identified with identical reference numerals in the Figures.

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Combination anchor **3300** permits the anchoring of exercise device **3700** to a door, pole, eye bolt, or a variety of other supports. Support **3112** provides a flexible material-to-flexible material friction between the anchor and elongated member **3620**. Limiter **3621** permits elongated member **3620** to move over a limited range of longitudinal motion, as described above.

Alternative Grip Embodiments

The use of exercise device **100** is determined by the grips available to a user. Grips allow the user to grip, such as by squeezing with sufficient force to support her weight, and include devices that can hold the user within a loop or hook as the user pulls on the exercise device. In this context, a “grip-able” portion refers to the ability to either wrap a body part around and squeeze that portion of the grip, or place a portion of the body through a loop or hook of the grip so that the user can pull against the exercise device and keep the body part within the grip.

Grips are usable for applying forces to various part of the body, including the neck, all or part of the hand, arms, legs, toes, or the heel. Several embodiments of grips are described herein as grips that may be used, for example and without limitation, by the hand, foot, or fingers. The grips described herein may be integral to device **100** or, alternatively, may be attached to, or attachable to, one of the pair of grips that are part of an exercise device, including but not limited to grips **123**. The term “accessory” grip is used herein to denote a grip that may be attached to an existing grip on exercise device **100**. It is to be understood that the scope of the present invention extends to the integral information of the accessory grips into exercise device **100**.

The user may choose to exercise with the pair of grips having the same or different accessories, or without a grip accessory. In addition, several embodiments of the exercise device include a grip attachment portion to removably attach the grip of an exercise device, such as exercise device **100** or any exercise device having two grips, and a portion that is grippable by the hand, foot, fingers, or other parts of the body. The use of grip accessories allow a user to build additional strength in the hand or fingers by providing for different types of hand or finger gripping, and allows for additional exercises to be performed, as with the foot grip accessory. In addition, the pair of grips can be coupled, as discussed in reference to FIGS. **16A** and **16B**, allowing a user to exercises using one grip accessory.

One alternative embodiment is shown in FIGS. **10** and **11**, where FIG. **10** is a schematic top view of an alternative elongated member **1020** having one cam buckle **435** as a lengthening device, and two finger grips **4001**, and FIG. **11** is a sectional view **11-11** of alternative finger grips. The use of one buckle **435** provides a lighter exercise device **400**, but results in a smaller useful range of lengths for elongated member **1020**. Finger grips **4001** include four holes **4101** for the user’s fingers, and allows for exercise of one or more finger muscles.

One example of a grip accessory is foot grip accessory **1700**, which is illustrated in FIGS. **17A-17B** as being attached to grips **123** of exercise device **100**. Specifically, FIG. **17A** illustrates foot grip accessory **1700** attached to exercise device **100** and gripped by toes T, and FIG. **17B** illustrates a pair of foot grip accessories, one on each of the pair of grips **123**, and each grasped by one of the user’s heel H1 and H2. Each foot grip accessory **1700** has a flexible loop **1710** and a grip attachment portion **1720**. It is preferred that the portion of loop **1710** that extends from grip **123** is

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approximately 12 inches long to provide enough room for either a user’s heel or toe fit through the loop. With foot grip accessory **1700** so secured, the toes (FIG. **17A**) or heel (FIG. **17B**) can be placed through loop **1710**, and a force can be exerted by the foot against exercise device **100**.

It is preferred that the majority of foot grip accessory **1700** is formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, polymeric fiber webbings made of, for example, nylon or polypropylene or some other polymeric fiber. It is understood that a single length of flexible material can alternatively comprise two or more pieces that are stitched, glued, or otherwise attached to one another.

In a first embodiment foot grip accessory **1700**, flexible loop **1710** is removably attachable, as discussed subsequently, to one of the pair of grips **123**. A specific embodiment of foot grip accessory **1700** is illustrated in FIGS. **18A-D**, where FIG. **18A** is a perspective view of the foot grip accessory, FIG. **18B** is a bottom view of the foot grip accessory, FIG. **18C** is a side view of part of one of the grip attachment portions, and FIG. **18D** is a top view of part of one of the grip accessory attachment portions. As shown in FIGS. **18A** and **18B**, foot grip **1700** is formed from three straps: a loop strap **1801** and two attachment straps **1803**. With the three straps attached, as described subsequently, loop strap **1801** forms loop **1710** and the two attachment straps **1803** forms the grip attachment portion **1720**.

Loop strap **1801** is formed from a length of strapping having ends that are joined to form a loop. Loop strap **1801** is preferably polymeric fiber webbing 20 inches long and 1.5 inches wide. In the preferred embodiment, the loop includes two triangular shaped double stitched portions **1815**, one of which joins the two ends of loop strap **1801**. Each of the two grip attachment straps **1803** is formed from a length of strapping having a first end **1807** with a first fastening surface **1809** and a second end **1811** with a second fastening surface **1813**. Attachment straps **1803** are preferably polymeric fiber webbing. In one embodiment straps **1803** have a length of 7.5 inches and a width of 1.5 inches. Fastening surfaces **1809** and **1811** are, in one embodiment, attached to loop strap **1801** by double stitching **1817**, and grip attachment straps **1803** are preferably joined midway between ends **1807** and **1811** to the loop strap by double stitching **1805**.

Each attachment strap **1803** includes fastening surfaces **1809** and **1813** are on opposite sides of the strap. In one embodiment, fastening surfaces **1809** and **1813** are matching surfaces, such as matching hook and loop surfaces of a hook and loop fastening system, such as VELCRO® brand hook and loop fasteners. In one embodiment, fastening surfaces **1809** and **1813** are each approximately 2 inches by 1.25 inches.

Foot grip accessory **1700** is removably attachable and is used as follows. Grip attachment portion **1720** of foot grip accessory **1700** is removably attachable to one of the pair of grips **123**, by wrapping the length of each strap **1703** about grip **123a** and contacting fastening surfaces **1809** and **1813** on each strap **1803**. Stitching **1815** allows loop **1710** to open without twisting and provides a secure strap for securing the foot.

Another example of a grip accessory is finger grip accessory **1900**, which is illustrated in FIGS. **19A-19C** with three different exercises when attached to grips **123** of exercise device **100**. Finger grip assembly **1900** has loops **1910** adapted for receiving and being gripped by the thumb and one or more fingers and a grip attachment portion **1920** for attach-

ing the accessory to the grip of an exercise device. Grip attachment portion **1920** is removably attachable to one of the pair of grips **123**. In one embodiment, there are two loops **1910**: a first loop **1910a**, and a second loop **1910b**. With finger grip accessory **1900** so secured, a finger **F1** can be placed through one of the loops, for example first loop **1910a** as shown in FIG. **19A**, a finger **F1** can be placed through the first loop and a finger **F2** can be placed through second loop **1910b** as shown in FIG. **19B**, or two fingers, **F1** and **F2** can be placed through the first loop and a finger **F3** and a finger **F4** can be placed through the second loop, as shown in FIG. **19C**.

In one embodiment, each of the pair of grips **123** is provided with one finger grip accessory **1900**. With the finger or fingers so placed through at least one of loops **1910**, a force can be exerted by the pulling against exercise device **100**. Finger grip accessory **1900** has similar functionality as finger grips **4001**.

A specific embodiment of finger grip accessory **1900** is illustrated in FIGS. **20A-C**, where FIG. **20A** is a perspective view of the finger grip accessory, FIG. **20B** is a top view **20B-20B** of the finger grip accessory, and FIG. **20C** is a sectional side view **20C-20C** of the finger grip accessory. Finger grip accessory **1900** includes two loops **1910**, first loop **1910a** and second loop **1910b**, and grip attachment portion **1920** includes three portions **1920a**, **1920b**, and **1920c**. More specifically, finger grip accessory **1900** is formed from five straps: a loop strap **2001**, three attachment straps **1803**, and a backing strap **2003**. With the five straps attached, as described subsequently, loop strap **2001** forms first loop **1910a** and finger loop **1910b**, that can each receive one or more fingers, and each of the three attachment straps **1803** forms one of grip attachment portion **1920a**, **1920b**, and **1920c**. It is preferred that the majority of finger grip **1900** is formed of the same materials as hand grip **1700**.

In one embodiment, loop strap **2001** is constructed from a polymeric fiber webbing having a length of 21.5 inches long and a width of 1 inch, and backing strip **2003** is a polymeric fiber webbing having a length of 2 inches and a width of 1 inch. Finger grip accessory **1900** is assembled by three stitches **2007** that each pass through one of the three attachment straps **1803** and through loop strap **2001** and backing strap **2003**. In the preferred embodiment, stitching **2007** is double stitched portions. As is shown in FIGS. **20A** and **20C**, a portion of loop strap **2001** protrudes between each of the three attachment straps **1803** to form loops **1910a** and **1910b**. It is preferred that loops **1910a** and **1910b** are formed from lengths of loop strap **1901** that are approximately 8 inches. Loop strap **2001** preferably extends the length of backing strap **2003**, with two loops **1910a** and **1910b** between adjacent attachment straps **1803**.

Finger grip accessory **1900** is removably attachable and is used as follows. Grip attachment portion **1920** of finger grip accessory **1900** is removably attachable to one of the pair of grips **123** by the contact of fastening surfaces **1809** and **1813** on each strap **1803**. With finger grip accessory **1900** so secured, a finger may be placed through one of the loops, for example loop **1910a** as shown in FIG. **20A**, one finger can be placed through each of loop **1910a** and **1910b** as shown in FIG. **20B**, or two fingers can be placed through each of loop **1910a** and **1910b** as shown in FIG. **20C**. With the finger or fingers so placed through at least one of loops **1910**, a force can be exerted by the user against exercise device **100**.

A third example of a grip accessory is grip accessory **2100**, which is illustrated in FIGS. **21A-21C** as being attached to grips **123** of exercise device **100**. Grip accessory **2100** has several cords **2110** that can be gripped in different combinations, as explained subsequently, and a grip attachment por-

tion **2120**. In general, the number of cords **2110** can be from one to five, or more, with four being the number in one embodiment, and with each cord having the same diameter and length. In one embodiment cords **2110** have a grippable length large enough for a human hand, for example a length from 4 inches to 6 inches, and that there is enough additional length to allow the user to pass her hand between cords, as illustrated in FIGS. **21A-21C**. In one embodiment, grip accessory **2100** has four cords, denoted as a first cord **2110a**, a second cord **2110b**, a third cord **2110c**, and a fourth cord **2110d**. The cords can be gripped in almost any combination so that a user can grip any number of cords, from one cord to all 4 cords. FIG. **21A** illustrates hand **H** gripping three cords, for example the first cord **2110a**, second cord **2110b**, and third cord **2110c**, FIG. **21B** illustrates the hand gripping two cords, for example the first and second cords, and FIG. **21C** illustrates the hand gripping one cord, for example the first cord.

Grip attachment portion **2120** is removably attachable, as discussed subsequently, to one of the pair of grips **123**. With grip accessory **2100** so secured, between one and all of cords **2210** can be gripped, and a force can be exerted by pulling against exercise device **100**. In one embodiment, each of the pair of grips **123** is provided with one grip accessory **2100**.

One embodiment of grip accessory **2100** is illustrated in FIGS. **22A-D**, where FIG. **22A** is a perspective view of the grip accessory, FIG. **22B** is a top view of the grip accessory, FIG. **22C** is a bottom view of the grip accessory, and FIG. **22D** is sectional side view **22D-22D** of FIG. **22C**. Grip accessory **2100** is formed from four straps, specifically a backing strap **2205**, a front strap **2207**, and two attachment straps **1803**, and two cords **2201** and **2203**. Cords **2110** are formed from two longer cords **2201** and **2203**, and grip attachment portion **2120** is formed from straps **2205**, **2207**, and **1803**.

The two straps **1803** forming grip attachment portion **2120** are attached at their respective central portions between the ends of backing strap **2205** and front strap **2207**. The four cords **2110a-d** are formed from the longer cords **2201** and **2203**. Specifically, as shown in FIG. **22B**, cords **2201** and **2203** are side-by-side and folded in half. Each cord forms a loop **2213** near the middle of cords **2201** and **2203**, with both cords lashed together by whipping **2211** and to form a loop **2213** and with the four ends of cords **2201** and **2203** lashed by whipping **2209**. In the sectional view of FIG. **22D**, cord **2203** is shown with a first end **2213** and second end **2217** lashed together by whipping **2209**, and a central portion **2215** forming loop **2213** about strap **2207**. Each cord **2201** and **2203** is folded in half, and thus each cord forms two cords between whippings **2209** and **2211**. Specifically, cord **2201** forms cords **2210a** and **2210b**, and cord **2203** forms cords **2210c** and **2210d**.

In one embodiment, straps **2205** and **2207** are polymeric fiber webbings, backing strap **2205** has a length of 5 inches and a width of 1 inch, and front strap **2207** preferably has a length of 6 inches and a width of 1 inch. Cords **2201** and **2203** are, in one embodiment, cotton cord having a length of from approximately 20 inches to approximately 30 inches, and, in another embodiment, have a length of from approximately 22 inches to approximately 26 inches. In yet another embodiment, the length is approximately 24 inches. In one embodiment, cords **2201** and **2203** have a diameter that is preferably from $\frac{1}{2}$ inch to 1 inch, or, in another embodiment, approximately $\frac{3}{4}$ inches. The joints between straps **2205** and **2207** and attachment straps **1803** are preferably double stitched. The resulting grip attachment **2100** has four cords with approximately 10 inches of grippable length, allowing enough room for a human hand to pass between and grip cords **2110**.

Grip accessory **2100** is removably attachable and is used as follows. Grip attachment portion **2120** is removably attachable to one of the pair of grips **123** by the contact of fastening surfaces **1809** and **1813** on each strap **1803**. With finger grip accessory **2100** so secured, one, two, three, or all four of cords **2110a-d** may be gripped by the hand. For example, FIG. **22A** illustrates cords **2110a**, **2110b**, and **2110c** gripped by a user, FIG. **22B** illustrates cords **2110a** and **2110b** gripped by a user, and FIG. **22C** illustrates cord **2110a** gripped by a user. With cords **2110** so gripped, a force can be exerted by the user against exercise device **100**.

FIG. **27** is a perspective view of a grip which may be used as either a hand grip or a foot grip, and which is referred to herein without limitation as a “combination” grip **2700**. Grip **2700** may be generally similar to the grips or accessory grips of exercise device **100**, except as explicitly detailed below. Where possible, similar elements are identified with identical reference numerals in the Figures.

In general, combination grip **2700** includes two elements which may be used as grips, which may be at one end or at both ends of the exercise devices described herein including, but not limited to, exercise device **100** or **400**. Thus, for example, combination grip **2700** may be at both of ends **121**, on both of ends **421**, or on one of ends **421a** or **421b**. In the embodiment of FIG. **27**, grip **2700** includes a hand grip **423a** supported by loop **425a** from strap **427a**. Specifically, the material of strap **427a** continues through loop **425a** and is affixed to the strap by stitching **2711**. Grip **2700** further includes a loop **2710** supported at end **421a**.

In one embodiment, loop **2710** is a strap formed from one or more inelastic pieces that are attached together to form a continuous loop through portion **803**, and the loop is thus integrally attached to hand grip **423**. Thus, for example, hand grip **423a** has a first end **423a-1** and **423a-2** that correspond to a first end **802-1** and a second end **803-2**, respectively, of inner cylindrical tubular portion **803**. In one embodiment, loop **2710** is formed from one or more pieces of webbing with ends sewed together form a single loop through portion **803**, resulting in a portion of the loop hanging below the hand grip.

FIG. **28** is a perspective view of a second embodiment of a combination grip **2800** which may be generally similar to grip **2700**, except as explicitly detailed below. Where possible, similar elements are identified with identical reference numerals in the Figures.

Combination grip **2800** includes a flexible loop **2810** that includes a strap **2811** having an end **2812**, and a length adjustment mechanism **2813**. Strap **2811** passes through tubular portion **803** and length adjustment mechanism **2813** permits the size of loop **2810** to be adjusted by moving end **2812** through the mechanism. Mechanism **2813**, which may be, for example, a cam buckle, as illustrated, or a VELCRO® brand hook and loop fastener, permits the user to adjust the length of loop **2810** to the user’s body size. Strap **2811** may either be removable from hand grip **423a**, or may have ends that are too large to permit removal of the grip, and thus is not removable from the hand grip. In an alternative embodiment (not shown), strap **2811** and end **2812** have matching fasteners, such as a VELCRO® brand hook and loop fastener, to prevent dangling of the strap end.

In one embodiment, grip **423** is 5 inches long, and loop **2710** is approximately 20 inches long. In another embodiment, a portion of loop **2710** that is not within portion **803** is padded with $\frac{1}{8}$ inch of a soft material, including but not limited to a rubber based on polychloroprene, such as neoprene. In another embodiment, and loop **2810** is adjustable from approximately 12 inches long to approximately 23 inches long.

In yet another embodiment, loop **2711** or **2811** does not form a loop through portion **803**, but is attached at or near the ends **803-1**, **803-2**.

FIGS. **38**, **39A** and **39B** are three perspective views of a third embodiment combination grip **3800**, having a movable rigid grip **423**, where FIG. **38** is a perspective view of the grip and FIGS. **39A** and **39B** are perspective view of the combination grip of FIG. **38** having the rigid grip in an upper and lower position, respectively. Combination grip **3800** may be generally similar to grips **2700** or **2800**, except as further detailed below. Where possible, similar elements are identified with identical reference numerals in the depiction of the embodiments of FIGS. **4**, **7**, **17**, **18**, **27**, **28**, **38**, **39A**, and **39B**.

Combination grip **3800** includes a portion **3801** that is attached to, or is an extension of, strap **427**. Combination grip **3800** includes an upper loop **3802**, grip **423**, and a lower loop **3804**. Portion **3801** passes through cylindrical tubular portion **803** and forms upper loop **3802** and lower loop **3804**. Portion **3801** may be, for example and without limitation a length of webbing, or joined portions of webbing, as described with respect to elongated member **420**. As described subsequently, grip **423** may move along material **3801** and thus adjust the size of loops **3802** and **3804**.

A part of portion **3801** that forms lower loop **3804** has a padding **3811**. Padding **3811** is attached to loop **3810** by sewing, adhesives, or any other appropriate bonding technique.

The structure and function of combination grip **3800** is shown in greater detail in FIGS. **39A** and **39B**, with hand grip **423** shown in phantom. As shown in these figures, portion **3801** passes through the cylindrical tubular portion **803** of grip **423** to form loops **3802** and **3804**. Specifically, portion **3801** traces a “figure 8” through cylindrical tubular portion **803** of grip **423**. Grip **423** can be moved to form a large lower loop **3804** (as in FIG. **39A**) or a small lower loop (as in FIG. **39B**). The size of loop **3810** may thus be adjusted by moving hand grip **423**. In one embodiment there is sufficient friction between the material of portion **3801** and the inner surface of tubular portion **803** to prevent loop **3804** from changing size when loop **3802** is pulled way from grip **423**. Thus, for example, when loop **3804** is pulled from grip **423**, as for example when used as a foot grip as in FIG. **17A**, the friction between the material of portion **3801** and portion **803** prevents grip **423** from moving, and the size of loop **3804** does not change. In another embodiment, padding **3811** cannot easily pass through portion **803** and it defines the smallest loop **3804**.

Combination grip **3800** can be provided on any of the exercise devices described herein. Thus, for example and without limitation, combination grip **3800** is provided at end **121** of elongated member **120**, **420**, or **3620**.

Methods of Exercising

The use exercise device **120** is illustrated in FIGS. **12A-12D**, where FIG. **12A** is an initial configuration, FIG. **12B** illustrates lengthening the elongated member **420**, further illustrated in FIGS. **12B'** and **12B''**, FIG. **12C** shows the application of force to the shorter leg of the elongated member, and FIG. **12D** shows the application of force to the grips during an exercise. FIGS. **12A-12D** are illustrative, and in general apply to the exercise devices of the present invention.

For illustrative purposes, FIG. **12A** is assumed to be an initial configuration of an anchored device, and it is assumed that the user wishes to increase the length **S** while keeping the pair of arms **422** the same length (approximately one half of **S**). First, the user actuates one or both buckles **435**. FIG. **12B** schematically shows the result of actuating buckle **435a** and

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elongating leg 422a as indicated by the arrows on that figure. FIG. 12B' shows the user U pushing cam 711 and grabbing end 431, and FIG. 12B'' shows the user pulling end 431 away from the cam, as indicated by the arrow, to shorten the device.

The user then preferentially pulls on the shorter leg 422b as indicated by force vector F1 of FIG. 12C. With both of the pair of legs 422 having approximately the same, longer length the user can then exercise, as indicated in FIG. 12D, by applying equal forces F2 to each handle grip. In practice, it is not necessary for the two forces of FIG. 12D to be equal, as the application of force to legs 422 away from anchor 410 increases the friction between elongated member 420 and the anchor, allowing the lengths to not change, even under some mis-match of applied forces. Alternatively, exercise device can be adjusted to provide shorter legs 422 by pulling on end 431 to shorten the length S.

In addition to being equally balanced between the two arms, it is possible to use the inventive device to provide differing arm lengths for exercising. FIGS. 13A-13C illustrate the use of an exercise device having differing lengths of arms 422, where FIG. 13A is an initial configuration, FIG. 13B shows the application of force to one of the pair of arms 422, and FIG. 13C shows the application of force to the grips during an exercise. For illustrate purposes, FIG. 13A is assumed to be an initial configuration of an anchored device, and it assumed that the user wishes to adjust the length of arms 422 to different lengths. First, the user preferentially pulls on the shorter leg 422b as indicated by force vector F1 of FIG. 13B. The user can then exercise, as indicated by the equal forces F2 of FIG. 13C. In practice, it is not necessary for the two forces of FIG. 13C to be equal, since as illustrated in FIG. 12, as the application of force to legs 422 away from anchor 410 increases the friction between elongated member 420 and the anchor also increases. This limits the possibility that the arm lengths will change, even under some mis-match of applied forces. The adjustment of arms 422 to different

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lengths can be combined with the lengthening or shortening of the length S by actuating one or both of buckles 435.

The inventive exercise device allows for a wide range of exercises. Examples of the many exercises that are possible are presented in TABLE 1 for the inventive device placed over the top of a door. FIGS. 3 and 15 illustrate three of the many exercise positions. In each of these positions the user has selected a length for exercise device 100 or 400, adjusted as explained with reference to FIG. 12 or 13, has positioned himself on the ground a desired horizontal distance X from anchor point A with a portion of his weight being supported by the exercise device. With his weight so supported, as shown in FIGS. 3 and 15, he moves his body in directions appropriate to the type of exercise to be performed, for example by moving his body toward or away from the wall or ground, by bending his arms or legs while supporting his weight by the exercise device, or performing other movements that exercise his muscles.

Specifically illustrated in FIGS. 3 and 15 are single poses of a user U performing a variety of exercises including a high row exercise (FIG. 3), a reverse combination crunch (FIG. 15A), a single leg L-squat (FIG. 15B), a gymnast dip (FIG. 15C), a kneeling combination crunch (FIG. 15D), a lying leg curl (FIG. 15E), a hip lift (FIG. 15F), a front shoulder raise (FIG. 15G), a crunch (FIG. 15H), and a triceps extension (FIG. 15I). It is apparent from FIGS. 3 and 15 that many different types of exercises are possible with the inventive exercise device according to the length of the device, the positioning of the body, and how the handles are gripped. In addition, the inventive device can be used to perform one handed exercises as illustrated in FIGS. 16A and 16B. Specifically, FIG. 16A shows an exercise device 400' having interlocking the ends 421a and 421b for one handed exercises, and FIG. 16B illustrates the use of the exercise device 400' in performing a one arm high row exercise.

TABLE 1

Several Basic, Intermediate, and Advanced Over the Door Anchor Exercises.		
Basic Exercises	Intermediate	Advanced
Pull functions	Pull functions	Pull/lateral functions
Low row	One-arm low row	Lateral raise
High row	One-arm high row	Front shoulder raise
Pull-up	One-arm pull-up	Reverse-grip curl
High curl	One-arm high curl	Combination row/kickback
Low curl	One-arm low curl	Internal rotator cuff
Back fly	Lower chest/lat crunch	External rotator cuff
Wrist curl	Reverse-grip wrist curl	2-Way forearm flexors
Core Strength	Core Strength	Core Strength
Crunch	Kneeling combination crunch	Standing combination crunch
Reverse single leg raise	Reverse leg raise	Reverse leg raise w/ hip lift
Oblique crunch	V-sit-up	Reverse oblique raise
Reverse crunch	Hip lift	V-balance
Bicycle	Reverse bicycle	Reverse combination crunch
Back Bridge		
Legs	Legs	Legs
Squat	Lying hamstring pedal	Lying hamstring curl
Hip hinge	Tip-toe squat	Single-leg hip hinge
Squat lunge	Step-back lunge	Single leg L-squat
Sumo squat	Single leg squat	Diagonal Step-back lunge
Side-to-side lunge	Single calf raise	Crossover off-balance squat
Calf raise	Jumping Ski PT	
Push functions	Push functions	Push functions

TABLE 1-continued

Several Basic, Intermediate, and Advanced Over the Door Anchor Exercises.		
Basic Exercises	Intermediate	Advanced
Standard press	One-arm incline press	Triceps kickback
Chest fly	Low chest press (outside grip)	One-arm concentration fly
Shoulder press	Reverse Push-up	Reverse crunch/push-up
Overhead triceps extension	One-arm triceps extension	combo
Lat-Pullovers		One-arm shoulder press Gymnast dip

Although the invention(s) presented herein have been disclosed in the context of certain preferred embodiments and examples, it will be understood by those skilled in the art that the invention(s) extend beyond the specifically disclosed embodiments to other alternative embodiments and/or uses of the invention(s) and obvious modifications and equivalents thereof. Thus, it is intended that the scope of the invention(s) herein disclosed should not be limited by the particular embodiments described above, but should be determined only by a fair reading of the claims that follow.

What is claimed is:

1. An exercise device attachable to a structure, said exercise device comprising:

an inelastic elongated member having a length between a pair of grips;

an anchor attachable to the structure and having a support for said inelastic elongated member with a distance between each of said pair of grips and said support and where, when said anchor is attached to the structure said support extends away from the structure, and said elongated member is movable through said anchor such that the distance between each of said pair of grips and said support is adjustable by pulling one of said one or more of said pair of grips away from said anchor; and

a limiter including at least one loop attached to said elongated member, where said limiter limits the movement of the position at which said elongated member contacts said support to a distance less than said length between said pair of grips.

2. The exercise device of claim 1, where said at least one loop is a closed loop including a portion of said inelastic member and an element attached to said inelastic member, and where said support passes through said closed loop.

3. The exercise device of claim 1, where said at least one loop includes a length of a flexible material.

4. The exercise device of claim 1, where said distance is from between approximately 1 inch and approximately 12 inches.

5. The exercise device of claim 1, where said distance is from between approximately 2 inches and approximately 4 inches.

6. The exercise device of claim 1, where said support is a frictional support.

7. The exercise device of claim 1, where said anchor further includes:

a first portion attachable to the structure; and
a second portion including said support,
where said support is a frictional support, and
where, with said first portion attached to the structure, said second portion is removably connectable to said first portion.

8. The exercise device of claim 7, where said anchor includes a loop, and where said loop removably connects said first portion and said second portion.

9. The exercise device of claim 8, where said loop includes a substantially rigid material.

10. The exercise device of claim 8, where said loop is a first loop, and where said support includes a second loop of a flexible material.

11. The exercise device of claim 10, where said flexible material includes a webbing.

12. The exercise device of claim 10, where said flexible material includes at least two apertures separated by a length of flexible material, where said first loop removably passes through said at least two apertures, and where said second loop includes said length of flexible material.

13. The exercise device of claim 7, where said first portion is attachable to a door jamb.

14. The exercise device of claim 1, where said support includes a flexible material.

15. The exercise device of claim 1, where said support includes a rigid material.

16. An exercise device attachable to a structure, said exercise device comprising:

an inelastic elongated member having a length between a pair of grips;

an anchor attachable to the structure and having a support for said inelastic elongated member with a distance between each of said pair of grips and said support, where, when said anchor is attached to the structure and the grips are pulled away from the structure, said support extends away from the structure and said elongated member is moveable through said support such that the distance between each of said pair of grips and said support is adjustable by pulling one of said one or more of said pair of grips away from said anchor; and

means for limiting the range of positions at which said anchor supports said elongated member to a distance less than said length between said pair of grips.

17. The exercise device of claim 16, where said means includes a loop formed by a length of material attached to said elongated member, and where said anchor passes through said loop.

18. The exercise device of claim 17, where said length of material is connected to said elongated member at one or more lateral positions.

19. The exercise device of claim 17, where said length of material includes a flexible material.

20. The exercise device of claim 16, where said means limits said position to within approximately 1 inch and approximately 12 inches.

21. The exercise device of claim 16, where said anchor provides a frictional support for said inelastic member.

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22. The exercise device of claim 16, where said support is a frictional support, and where said anchor further includes: a first portion attachable to the structure;

a second portion including said frictional support; and means for removing said first portion from said second portion with said first portion attached to the structure.

23. The exercise device of claim 16, where said support includes a flexible material.

24. The exercise device of claim 16, where said support includes a rigid material.

25. An exercise device attachable to a structure, said exercise device comprising:

an inelastic elongated member having a length between a pair of grips; and

an anchor attachable to the structure and having a frictional support for said inelastic elongated member with a distance between each of said pair of grips and said frictional support, where, when said anchor is attached to the structure,

said support extends away from the structure and said elongated member is moveable through said frictional support such that the distance between each of said pair of grips and said support is adjustable by pulling one of said one or more of said pair of grips away from said anchor; and

a loop attached to said inelastic elongated member; where said frictional support passes through said loop,

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such that the movement of the position of said elongated member relative to said frictional support is limited by said loop to be a distance less than said length between said pair of grips.

26. The exercise device of claim 25, where said distance is from between approximately 1 inch and approximately 12 inches.

27. The exercise device of claim 25, where said anchor further includes:

a first portion attachable to the structure; and a second portion including said frictional support, where said support provides a frictional force to inhibit lateral motion of said inelastic member relative to said anchor, and

where, with said first portion attached to the structure, said second portion is removably connectable to said first portion.

28. The exercise device of claim 27, where said anchor includes a first loop, and where said first loop removably connects said first portion and said second portion, and where said support includes a second loop of a flexible material.

29. The exercise device of claim 25, where said frictional support includes a flexible material.

30. The exercise device of claim 25, where said frictional support includes a rigid material.

* * * * *

EXHIBIT F

U.S. Design No. 831,764 – Initial Infringement Contentions (Exhibit F)

Claim 1 of the '764 Patent compared the Accused Products

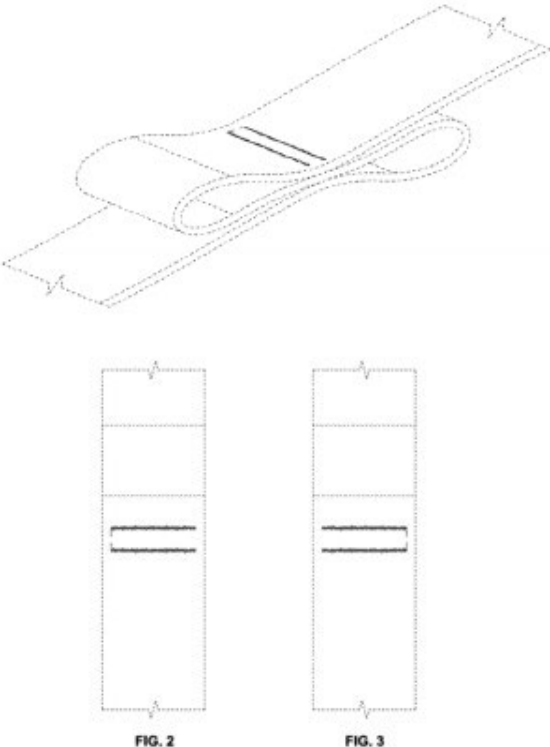

	Elements Shown in Accused Instrumentality
<p>Claim 1. The ornamental design for a flexible strap with a dual stitch pattern, as shown and described.</p>  <p style="text-align: center;">FIG. 2 FIG. 3</p>	<p>The Accused Product is made of a body that is a flat flexible strap. The product as advertised and sold include stitches of a different color (black) than the main strap color to highlight the designs selected. Below is a copy of the image of Exhibit A and a close up where 4 times on the product the patented design is copied illegally.</p>  <p style="text-align: center;">(See Exhibit A)</p> <p>The design is not functional as the products include three, one or even invisible stitches in other locations.</p>


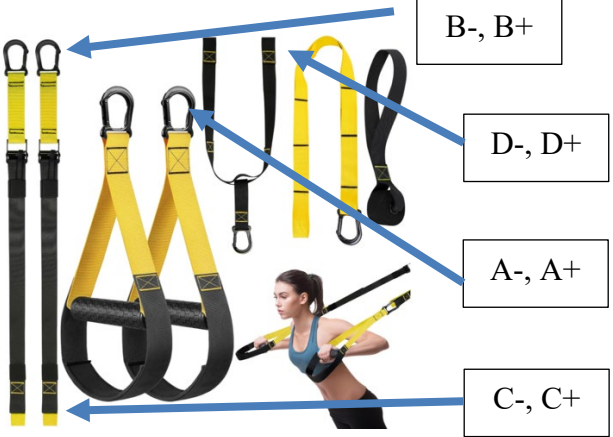
EXHIBIT G

U.S. Patent No. 7,762,932 – Preliminary Claim Chart (Exhibit G)


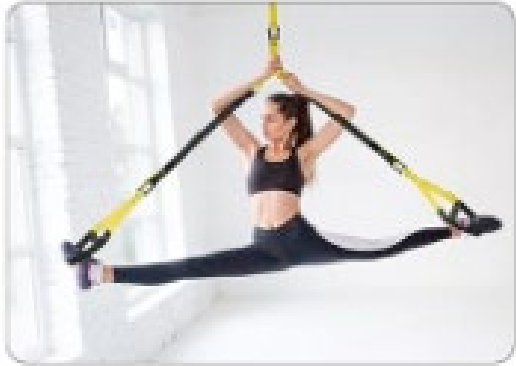
Claim 1 of U.S. Patent No. 7,762,932 (the '932 Patent) compared to Accused Product

Claim Language	Elements Shown in Accused Instrumentality
<p>Claim 1. An exercise device attachable to a structure, said exercise device comprising:</p>	<p>The Accused Product shown at Exhibit A is an exercise device. See <u>Exhibit A</u>. The product is listed by the manufacturer in the “Sports & Outdoors” category for ranking and as part of “Resistance Bands” as sub-category.</p> <p>On the webpage on Amazon used by buyers, the product description in full reads:</p> <p>Home Resistance Training Kit This bodyweight resistance training kit includes 1 bodyweight resistance training strap, 2 extension straps , 2 exercise bands with handles and soft foot cradles, 1 door anchor, 1 Instruction guide and 1 Drawstring Travel Bag. Made with fourfold sewing for durability, it features comfortable grip-proof TPR handles that can withstand up to 600 pounds of bodyweight and over 1000 pounds of resistance.</p> <div data-bbox="726 794 1192 1256" data-label="Image"> </div> <div data-bbox="1409 935 1808 1084" data-label="Text"> <p>The product is an exercise device attached as shown to a structure.</p> </div>

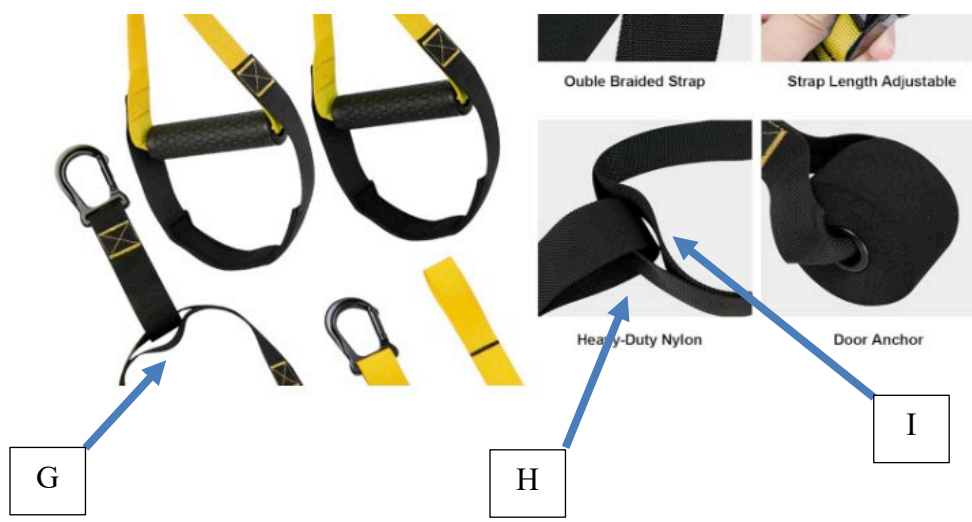
Claim Chart '932 Patent / Exhibit G

Claim Language	Elements Shown in Accused Instrumentality
<p>1(a) an inelastic elongated member having a length between a pair of grips;</p>	<div style="display: flex; align-items: flex-start;">  <div style="margin-left: 20px;">  </div> </div> <p>The product in use requires the user to clip A-, A+ to B-, B+ to C-, C+ and then to uniting piece D-, D+ to form the main inelastic (strap-based) elongated member having a length between a pair of grips below A-, and A+ as shown. In the illustration on the right from <u>Exhibit A</u>, a person slides both feet on the foot loop below the pair of grips located at the end of the elongated member. The same way a neck chain is made of multiple smaller loops united into the chain, here the elongated member is a single strap and using carabineers to segment.</p>

Claim Chart '932 Patent / Exhibit G

Claim Language	Elements Shown in Accused Instrumentality
<p>1(b) an anchor attachable to the structure and having a support for said inelastic elongated member...</p> <p>... with a distance between each of said pair of grips and said support and where, when said anchor is attached to the structure said support extends away from the structure, and</p>	 <p>In the above image, the anchor is attached to the ceiling. On the right, a door anchor is shown (E) and a fixed anchor (F). As shown the anchor is attachable to a structure (door, ceiling, wall, etc.) and at the middle point.</p> <p>Below, the anchor is connected at a distance where the person holds her hands in the middle between the pair of grips located on top of her shoes. The anchor extends away from the structure, here, the anchor is from the ceiling to a point at the tip of her hands.</p> 

Claim Chart '932 Patent / Exhibit G

Claim Language	Elements Shown in Accused Instrumentality
<p>1(c) said elongated member is movable through said anchor such that the distance between each of said pair of grips and said support is adjustable by pulling one of said one or more of said pair of grips away from said anchor; and</p>	<p>In the above, at the central point, the system as sold at Exhibit A includes an opening. Shown as the “slice” (G) at the connection point. The portion [H] is made with a loop [I] which allows the strap to move left to right. This allows the pull on the grips and to move and adjust while pulling away by a couple of inches.</p>  <p>The image displays a lifting device with two black grips connected to a central point. A yellow strap is also visible. Callout G points to a 'slice' at the connection point. Callout H points to a loop of heavy-duty nylon. Callout I points to a door anchor. Two inset images show 'Double Braided Strap' and 'Strap Length Adjustable'.</p>

Claim Chart '932 Patent / Exhibit G

Claim Language	Elements Shown in Accused Instrumentality
<p>1(d) a limiter including at least one loop attached to said elongated member, where said limiter limits the movement of the position at which said elongated member contacts said support to a distance less than said length between said pair of grips</p>	<p>The portion [H] is limited on both sides. This limits the movement of the loop [I] from either sides of the elongated member by a distance of a couple of inches, or much less than the full distance. Here the infringer has amended the description only to "heavy-duty nylon" below the illustration to avoid takedown by Amazon as it infringes the TRX technology.</p> 